

REALSIMPLE

LIFE MADE EASIER

117 IDEAS
FOR A
GREENER
LIFESTYLE

Shiny & Tidy

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Spring Recipes

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Backyard Updates

APRIL 2021



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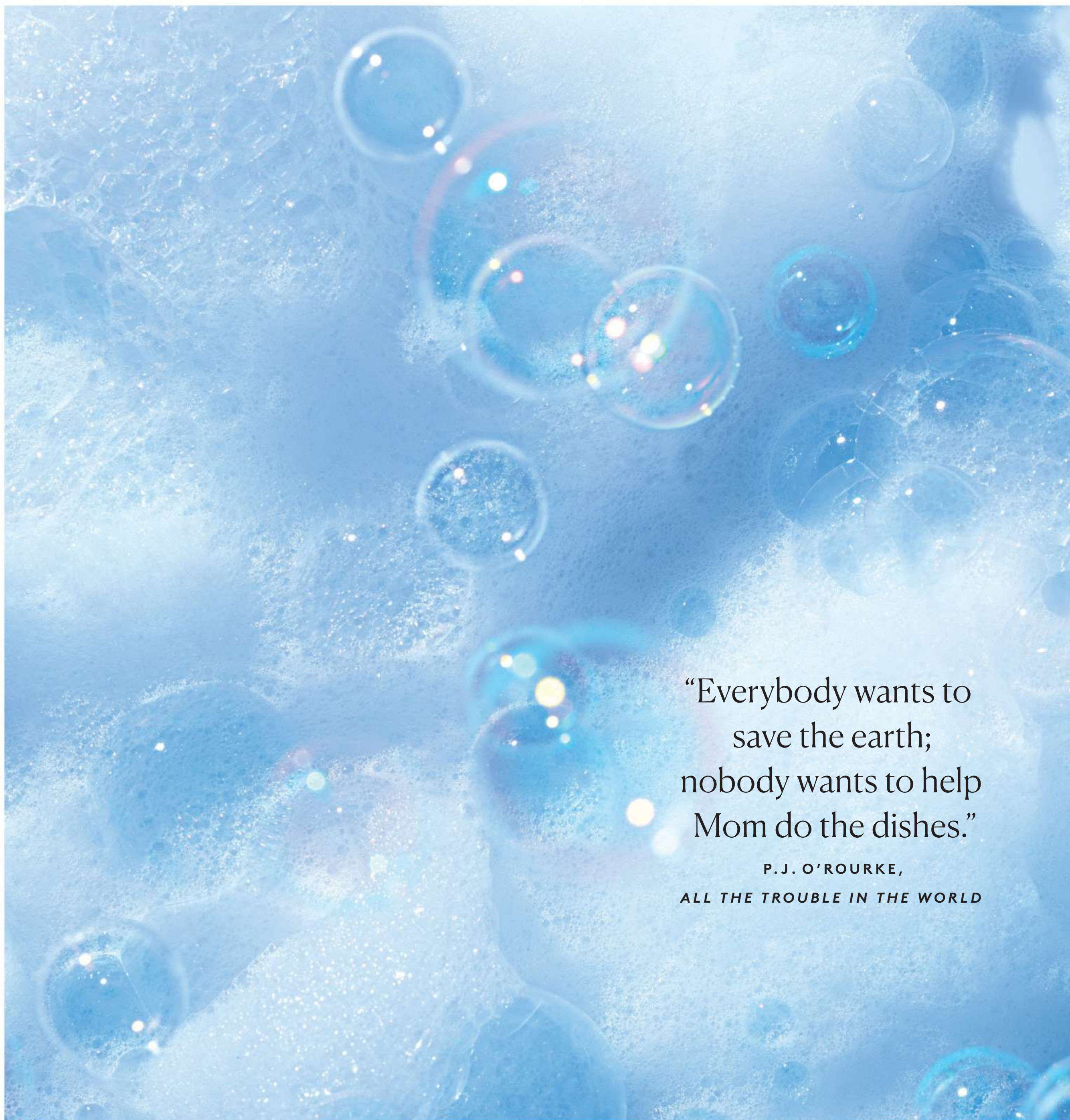
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Use as directed.

SHINY & TIDY

APRIL



“Everybody wants to
save the earth;
nobody wants to help
Mom do the dishes.”

P.J. O’ROURKE,
ALL THE TROUBLE IN THE WORLD

PROP STYLING BY HEATHER GREENE FOR HELLO ARTISTS

APRIL / SHINY & TIDY

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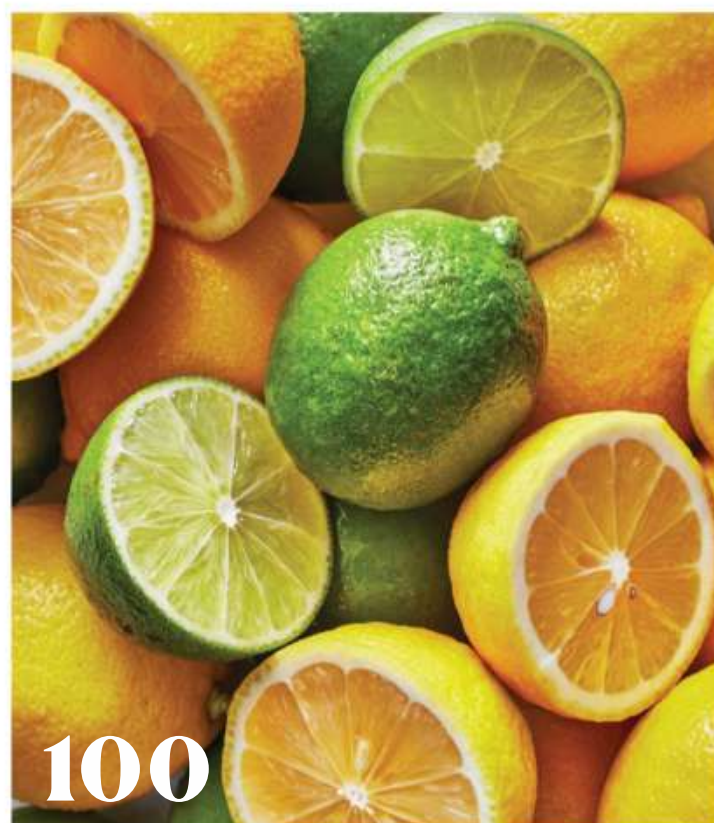
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EDITOR'S NOTE

Things Got Hairy This Month at REAL SIMPLE



I AM WATCHING TELEVISION when a commercial makes my eyes widen and my mouth go slack. There exists in this world a new variety of dryer sheet that (puts hand on mouth and looks both ways) repels animal hair.

I text my husband, Steve (who is only in the next room, but...marriage): We must buy this dryer sheet immediately. Milo hair issues, solved!

I open my laptop and write a comment in the margin of our story about cleaning and controlling hair around the house (page 55): We must mention this animal-hair-repelling dryer sheet! Check it out. Could be game-changing, right?

Stephanie Sisco, our home director, writes a note to my note (because...Google Docs). REAL SIMPLE tends to avoid mentioning mainstream dryer sheets. We usually recommend organic versions or dryer balls.

This is news to me, as I've only been running the magazine for 18 months (Stephanie has been here for over 11 years!). Besides, I've just begun a personal journey toward sustainability. My family is using fewer paper towels, but it hadn't occurred to me to examine my dryer sheet usage. When my mother taught me how to do laundry, she told me to rip a Bounce sheet in half and toss it into a well-shaken dryer load. (A half sheet does the scent-and-static job just fine, and your box lasts twice as long.) I've been doing it that way ever since.

REAL SIMPLE is where you hear about clever ideas and products that solve problems. I also want it to be where you learn how to safely and easily leave a lighter footprint on the planet. We recently debuted a new column, The Power of Less. And this month, we packed the issue with green stories (because...Earth Day).

Maybe you'll consider sustainable fashion looks (page 94), try some ideas to make your yard more eco-friendly (page 48), or support beauty brands that give back (page 106). We even offer a relationship story on how to talk about climate change with less anxiety (page 76).

Ideas and inspiration. No pressure, just knowledge. We all want to be kinder to the earth, but I am the first to recognize that some things are nonnegotiable. I'll second-guess my next hamburger (page 41), but you'll have to pull my soft, static-cling-free socks off my cold, dead feet.

As for where we landed on the dryer sheet decision? Turn to page 58 to find out.

xo y.

#SIMPLESTORY

Babe in Arms

As I've been learning and working to practice and understand "mindfulness," today I believe I have figured it out. I was blessed enough to be with my daughter and son-in-law, awaiting and attending the arrival of their first child. As the exhausted new parents are napping, it is my "duty" to hold my grandson. We have been rocking by the fireplace for well over an hour. Bliss. Every little sound, every little movement: **This is life. This is mindfulness at its best—my only thoughts are on him.**

@VEGA92JH



Let's look for meaningful moments in our lives and share them here. Tag your Instagram posts with #simplestory and @LizVaccariello to get them to me.

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"A hummingbird hovering."

Liz Vaccariello
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"The sunset at the Grand Canyon. It is so majestic."



"The tides going in and out at Mont-Saint-Michel in France. At high tide, the abbey becomes an island. I'll never forget how breathtaking this place is."

Daren Mazzucca
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What's
the most
mesmerizing
thing you've
ever seen in
nature?



"An intricate spiderweb in my garden that I was determined not to bother. All that was missing were the words 'some pig.'"



"Niagara Falls—utterly hypnotizing from every vantage point."



"An owl named Barry on a beautiful sunny day in N.Y.C.'s Central Park."

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REAL SIMPLE Everywhere Find Exclusive Ideas, Tips, and Ways to Make Life Easier—Every Day



Q & A

Kristin van Ogtrop

AUTHOR OF *DID I SAY THAT OUT LOUD?*
AND FORMER EDITOR
OF *REAL SIMPLE*

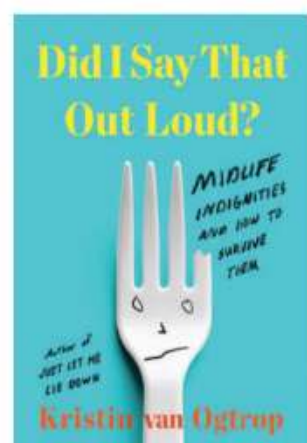
@kvanogtrop

The inspiration behind your latest book:

I wanted to capture what many women experience once they reach the relative midpoint of life: self-actualization combined with deep skepticism—and an abiding gratitude that we still get to wake up every day.

The coziest item in your home:

Not so much an item as a species: my two giant, shedding black Labs, Iggy and Jilly, who will happily join me on the sofa if I behave myself.



ON THE WEB

Easy Easter Favors

Whether you have Easter dinner or a socially distanced egg hunt, these cute, candy-filled DIY treats will make for a memorable holiday. Find the how-to at realsimple.com/easter-DIY.



ON VIDEO

Our New Series

Each week on *Simply*, host Haley Cairo shares her favorite tricks for streamlining daily routines. Watch at realsimple.com/simply.



IN YOUR WALLET

Save on Sparkle

You can get 50 percent off all Joie De Viv jewelry, like the lab-grown diamonds in our sustainable fashion story on page 94. Enter the code **REALSIMPLE50** from 3/16/21 to 4/16/21 at joiedeviv.com.



IN YOUR HOME

Exercises to Help Eliminate Aches

If your joints are snap-crackle-popping their way through everyday movements, it's time to ease those aches with the feel-good moves at realsimple.com/easy-exercises.



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YOUR WORDS

How Do You Make Your Most Dreaded Chore More Fun?

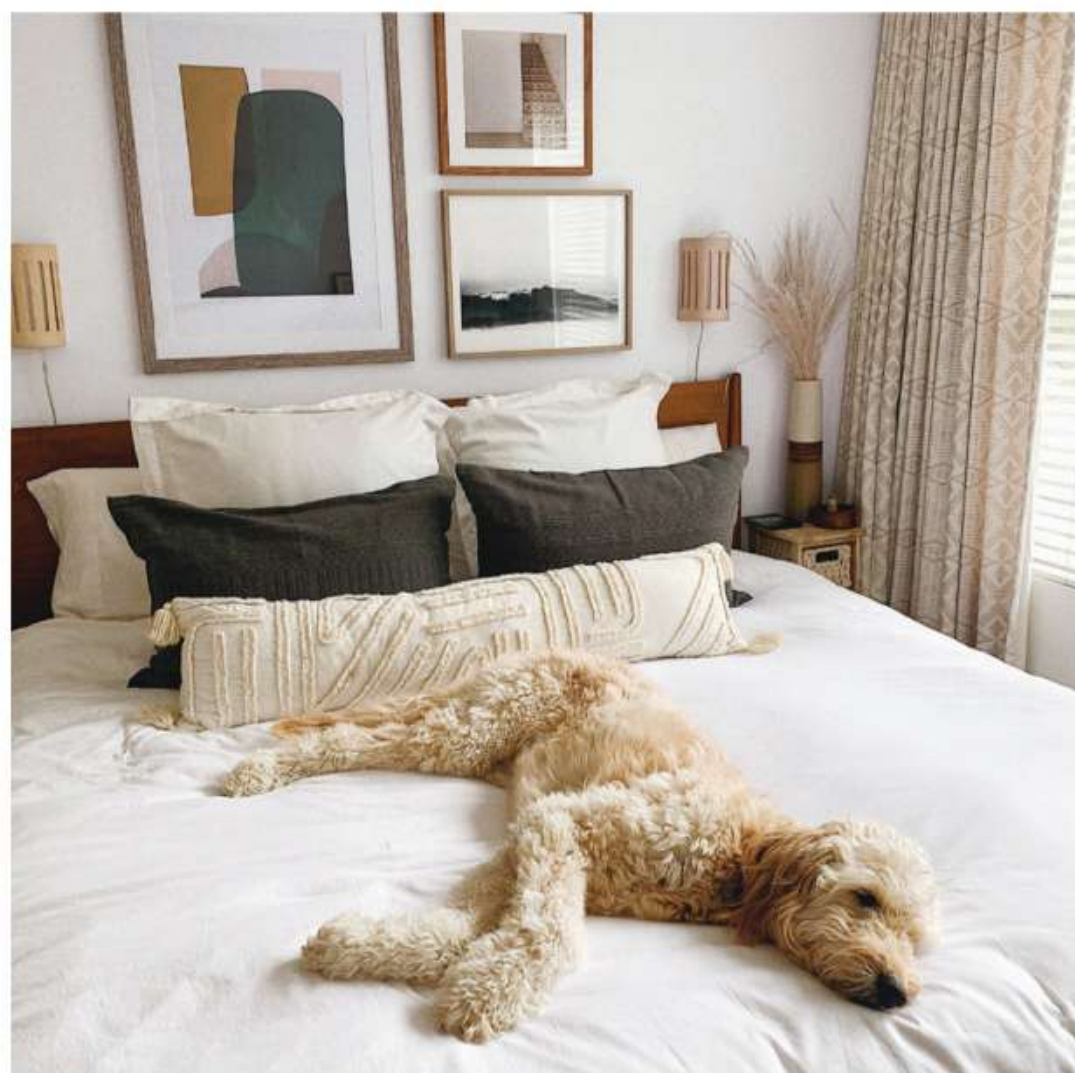
I talk to my sister long-distance while we both clean.

 @BARBARATROTTIER

#RSLOVE

Every chore in our house is made more enjoyable by music. We always have a great playlist going while cleaning, and it even relaxes our dogs!

@LISADIEDER



For sharing this photo with us, @lisadieder will receive our new special edition, The Power of Less. If you want your picture to be considered, tag photos on Instagram with #rslove.

I try to beat the clock. I set a time to complete the task by, and I see how much earlier I can get it done.

CAROL TRACY,
CENTREVILLE,
MARYLAND

Doing dishes and folding laundry feel like the chores that never end, but **inviting my toddler to help makes them fun.** Noticing how accomplished she feels after helping to put away silverware or find a matching sock encourages me to slow down and delight in the little things.

 @TOREY.SCHMIDT

I put on YouTube videos of bloggers cleaning their houses so I'm not doing it alone.

 @KIBETHDETROIT

Just suck it up, buttercup! At the end of the day, I am thankful I have toilets to clean.

LORI KALEIKAU,
KANSAS CITY, MISSOURI

I do a “two-minute tidy.” I choose a room and go at it for two minutes. More enjoyable than a long list of must-dos!

 @LISACARPENTER50

As a huge fan of true crime podcasts, **I am constantly listening to what I call “murder podcasts.”** When I'm cleaning the bathroom (my least favorite chore), I strap on a fanny pack—thanks, pandemic, for reintroducing me to this '90s staple!—slip in my phone, throw on my headphones, and start scrubbing away.

KATHY McGRATH,
GARWOOD, NEW JERSEY

Bathroom cleaning is made less onerous by **lighting a lavender-honey candle** and thinking about spending time in the tub soon.

BRENDA WILLIAMS,
SPRINGFIELD, MISSOURI

Singing along to the perfect playlist. I love to belt out Mariah, Ariana, and all the other divas while I clean.

JACKIE GELZHEISER,
PITTSBURGH

I hate weeding. It's a never-ending war. But **the promise of a raspberry sundae** makes the work a little sweeter—though only a little!

GLENDIA SMITH,
DEKALB, ILLINOIS

Laundry is not my favorite chore. To make it more palatable and, yes, perhaps even fun, **I painted my laundry room a lovely shade of lavender** and trimmed it with an ivy border. I added matching decorative pieces, including a pretty floral throw rug. Now I smile whenever I enter my laundry room.

PAMELA SIMPSON,
HARDYSTON,
NEW JERSEY

Podcasts and bribes. The bribes worked for me as a kid. Still do, except now they're self-imposed. LOL.

 @THISMODERNMESS

I put on Christmas music at any time of the year, and once the cleaning is done, I reward myself—facial, sweets, “me” time.

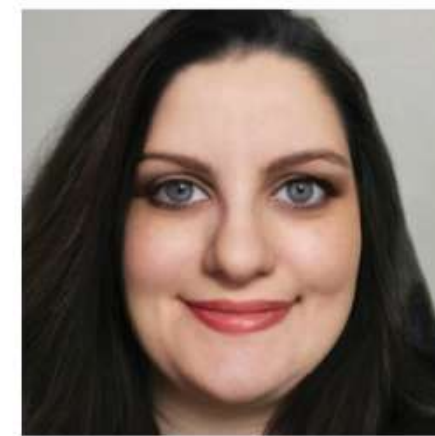
KATHLEEN DECARLO,
PRINCETON JUNCTION,
NEW JERSEY

Someone years ago told me a simple solution to doing a dreaded chore: **Do it in the morning, the very earliest you can.** Then the rest of the day is free for having some fun.

CARI CARD

I have my favorite wine on the table, and I make it my goal to finish all the chores and then have a big glass.

GEORGIA BUONO



READER OF THE MONTH

Melinda Chandler

BEEBE, ARKANSAS

How do you make your most dreaded chore more fun?

One year, I asked my husband for a Zen garden for Christmas. Ever the smart-ass, he jokingly replied, “What do you want that for? You already have a litter box to dig around in!” So now it's an inside joke that when I scoop the litter box, I'm going to go play in my Zen garden.

Most organized part of your life:

My work space and my Pinterest boards.

What's always in your bag?

My Vera Bradley Travel Pill Case. It's the perfect size for carrying a mini first aid kit wherever I go. And it's so pretty!

What is the coziest thing in your home?

My 16-pound lap cat, Mauser. Who needs a weighted blanket when you have a chonky kitty?

Simplest part of your life:

Our cozy two-bedroom house. It's perfect for us and our 10-year-old son. Sometimes we have to get creative to find a place for everything, but living in a smaller home has helped me focus on the simpler things in life.

NEXT QUESTION

What's the first thing you do when you get home from a trip?

Send an email to yourwords@realsimple.com and let us know your answer to this question. Your response could appear on these pages.

Signs of Spring

GIVE YOUR KITCHEN A SEASONAL REFRESH WITH
GLADE® AND LIFESTYLE EXPERT GEORGIA GRACE



Florida-born Georgia Grace recalls her first scent memory: the bright citrus smell of her backyard orange tree. She now lives in a New England farmhouse with her husband and their two girls, but still draws inspiration from the Sunshine State when it comes to readying her kitchen for spring. Check out her tips.

TRY A FRESH FRAGRANCE

I love using mood-lifting scents to transition my home to spring. My Glade® Citrus & Shine 3-Wick Candle smells like orange blossoms and fresh berries. I keep it on my kitchen island to fill the entire room with fragrance—and I plan to stock up, since it's a limited-edition scent.

CREATE A CITRUS CENTERPIECE

Take lemons or limes and pile them high on a cake plate or in a pretty bowl. Look for ones that still have a few leaves on them for an aesthetic touch. For nighttime, add a Glade® candle to your table to give off just the right amount of glow.

ADD TOUCHES OF JOY

Switch out tablecloths, curtains, and dish towels for springy alternatives. Spruce up your countertop with fresh flowers in an unexpected vase, like a vintage pitcher or porcelain creamer. It's all about the small touches.



Awaken your senses with the NEW Glade® Citrus & Shine 3-Wick Candle. This consciously crafted fragrance—made without phthalates, parabens, or formaldehyde—combines orange essential oils with bold red berries for a bright and uplifting experience.



For more lifestyle tips from Georgia Grace, follow her on Instagram at @bygeorgiagrace.

Learn more at glade.com.



DELIGHTS


WE'RE LOVING

A Pretty Pastel Table

Bright and cheery trimmings reflect the hopeful vibes of this spring. Because isn't the very idea of gathering with friends and family the shot in the arm we all need?

BY CAT DASH



A young boy with dark, wet hair is shown from the waist up, shirtless, and wearing blue swim trunks with a palm tree pattern. He is looking upwards with his mouth open, and a large, dense cloud of sand is erupting from his hands, filling the upper half of the frame. The background is a soft-focus view of a beach with waves breaking in the distance under a bright sky.

Because childhood
isn't canceled.

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BEACH**
FLORIDA
DestinFWB.com



Our food director gives this bevvvy rave reviews. She pours it over ice with club soda.

1 PLAYFUL PAIR

These cool spoons are so little, they perform the magic trick of making dessert last longer. **TO BUY:** Glass Spoons, \$35 for 2; us.hay.com.

2 GOOD HARE DAY

Adults will love this vase's interplay of sophistication and cuteness. Kids will just love that there's a bunny on the table. **TO BUY:** Bunny Vase, \$35; mamannyc.com.

3 SWEET DETAILS

Almost like trivets, these stylish placemats are durable and heat resistant, thanks to the abaca fibers.

TO BUY: Catalonia Placemats, from \$28; serenaandlily.com.

4 DISH IT OUT

Take the toil out of collecting toile dinnerware with a set of mismatched vintage plates. **TO BUY:** Transferware Serving Platter and Mixed Plates, from \$98; food52.com.

5 OMBRÉ AMBIENCE

These beautiful blush table linens are handmade by a mostly female team of artisans in India. **TO BUY:** Blush Linen Napkin, \$26, and Runner, \$80; stfrank.com.

6 DRINK THE RAINBOW

No wineglass mix-ups with this set—simply assign a color to each person.

TO BUY: Colored Wine Stemware, \$175 for 6; estellecoloredglass.com.

7 LOVELY LAYERS

Inspired by fizzy champagne, this splurge-worthy cake can be delivered to all 50 states. Cue the chef's kiss!

TO BUY: Caroline's Cakes Pink Champagne Cake, from \$85; goldbelly.com.

8 YUMMY SIPS

Notes of rhubarb, vanilla, and cocoa meld irresistibly in this aperitif. **TO BUY:** Sweet Vermouth, \$25; lofiaperitifs.com for stores.

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USE IN-SEASON INGREDIENTS

Make the most of spring's bounty by focusing on what's fresh. For a simple, seasonal appetizer, try a DIY veggie tray with cucumbers, carrots, asparagus, and more served alongside a zesty herb yogurt sauce for dipping.

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Be your own barista by setting up a café complete with pastries, fruit, and limited-edition Starbucks® coffees. The taste of the sweet, velvety **Starbucks® Honey & Madagascar Vanilla** flavored coffee and the balanced, lively **Starbucks® Spring Day Blend** will help you rise, shine, and take on the day.

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BRING THE SPRING

Spring feeling. Spring flavors. Celebrate what you love about the season with new spring Starbucks® coffees.



The Books List Top Picks for Every Taste

BY KRISTYN KUSEK LEWIS

Sweeping Family Portrait

Of Women and Salt, the debut novel by Gabriela Garcia, follows three generations of women from 19th-century Cuba to modern-day Miami. In just over 200 pages, Garcia makes a powerful statement about how we draw on our roots to understand our place in the world, showing that no matter how much we may try to escape the past, it always influences the present.

Personal Stories

Lauren Hough has endured more than most of us would in 10 lifetimes, and she reveals it all in *Leaving Isn't the Hardest Thing*—from her globe-trotting childhood in an infamous cult to her time in the U.S. Air Force to her eye-opening experiences as a bouncer and cable installer. Hough bravely and compellingly shares how our search for identity can be searingly awful, wickedly funny, and totally worth it.

Historical Thriller

It's 1662 in Boston, and Mary is a young Puritan woman married to a formidable man who's essentially a monster. When her push for independence sparks the suspicions of the people around her, a rich and terrifying story ensues. *Hour of the Witch* by Chris Bohjalian is a grab-you-by-the-throat suspense read that both historical fiction fans and thriller lovers will devour.

Funny Fiction

In *Early Morning Riser*, the charming, hilarious new novel by Katherine Heiny, Jane is an elementary school teacher whose boyfriend, Duncan, is handsome and lovely—and has unfortunately seduced nearly every woman in their small city. Their one-of-a-kind story, featuring a cast of quirky characters, is a surefire literary mood boost with a heartwarming reminder of the many ways love appears in our lives.

Captivating Novel

Laila longs to have a baby, so she seeks help from the Melancons, a legendary Harlem family rumored to possess a caul—an amniotic sac—that's thought to carry healing properties. Their agreement falls through, but it's only the beginning of the two families' entanglement. *Caul Baby* by Morgan Jerkins is a fascinating, of-the-moment story about the intersection of motherhood, power, and community.





1

PLANT-BASED CASE

This flexible cover is crafted from flax yet manages to protect your phone against falls from up to six feet. Compost the case when you're done with it. **TO BUY:** Honey Eco-Friendly Phone Case, \$45; pelacase.com.



2

CLICK AND CARRY ON

Skip the hotel's single-use toiletries and fill this leak-proof set instead. The containers are magnetic, so your bag stays tidy. Even better, they're made from plastic recovered from beaches. **TO BUY:** Get Outside Bundle, \$42 for 3; keepyourcadence.com.



3

SET THE BAR

Noap makes shampoo, conditioner, and body soap in bar form to cut down on packaging. This suction-stay shower rack keeps them from becoming gooey messes. **TO BUY:** Noap Shower Rack, \$48; goodbottlerefillshop.com.

Clever Items Little Helpers to Make Your Life Easier

BY BRANDI BROXSON

We love these
earth-friendly
products!



4

DOGGY DOO-GOODER

Take your pup on a plastic-free potty break with these compostable vegetable-based bags. Even the box and cardboard core come from recycled materials. **TO BUY:** Earth Rated PoopBags, \$9 for 60; chewy.com.



5

BOUND TO LOVE

This paper packing tape is just as strong as that infernal plastic stuff. But it's almost completely biodegradable, and it can go into the recycling. **TO BUY:** Kraft Tape, from \$10; netzerocompany.com.



6

BREATHE-EASY PAINT

This acrylic paint is certified asthma and allergy friendly. It has no VOCs, doesn't off-gas, and leaves a smooth, color-saturated, sponge-washable finish. **TO BUY:** Natura Interior Paint, from \$73; benjaminmoore.com for stores.

GENIUS BEAUTY

Salon-Worthy Hair at Home

Plus seven other beauty buys to simplify your routine

BY HEATHER MUIR MAFFEI

R + Co Bleu

This new hair-care line has game-changing packaging, with recycled and recyclable material. It's also smart (matte caps offer grip in the shower), sweet (each purchase supports reforestation efforts), and sexy (Capri-inspired scent). Plus, every product has the brand's unique molecule complex to enhance shine and strengthen.

TO BUY: From \$52; bleu.randco.com.



1 FEEL-GOOD FRAGRANCES

Jo Malone London Blossoms Cologne in Yellow Hibiscus and Red Hibiscus Intense

Maybe you can't feel the sun yet, but these scents mimic its warmth for instant happiness. Yellow is fresh; red is rich. The bottles look like art and last forever. **TO BUY:** From \$74 for 30 ml; jomalone.com.

2 SUPERHERO SERUM

Paula's Choice Skincare Clinical Niacinamide 20% Treatment

This potent vitamin B₃ serum refines pores, brightens spots, and smooths fine lines—it's a maskne miracle worker. **TO BUY:** \$48; paulaschoice.com.

3 A MORE TOLERABLE RETINOL

Mary Kay Clinical Solutions Retinol 0.5 Set

Mix these two for a youthful glow: You get all the anti-aging goodness of retinol without the potential irritation, thanks to the calming facial milk. **TO BUY:** \$120; marykay.com.



Frizz-prone? Negative ions in the airstream help smooth fuzz.



4 GOOD KISSER

Maybelline New York Color Sensational Ultimatte Slim Lipstick

A matte lipstick (in 10 hues) that doesn't feel like shrink-wrap on lips—yes, please! Bonus: The blurring pigments conceal flakes. **TO BUY:** \$9; at drugstores.

5 BETTER BLOW-DRYER

T3 Fit

At under a pound, it's small but mighty. It cuts drying time and leaves strands oh-so shiny while not fatiguing your arm. But best of all, it's extremely quiet (shh!). **TO BUY:** \$150; t3micro.com.

6 CUSTOM CURLS

4C Only Too Easy Collection

This kit babies 4C coils—the tightest and most delicate—with a rich shampoo, two conditioners, and a styling cream. **TO BUY:** \$70; 4conly.com.

7 FACE FRAMER

Benefit Cosmetics The Porefessional Super Setter

Does your makeup fade or smudge? Lock it in place with this superfine water-based mist that imparts a soft-focus finish. **TO BUY:** \$32; benefitcosmetics.com.

KITCHEN HERO

PARMIGIANO-REGGIANO

This, dear readers, is the real deal—the divine dairy that makes any dish richer, sharper, and almost inexplicably delicious. Made only in certain regions of Italy, it's crafted from cow's milk and aged for at least 12 months. Just its aroma will make your mouth water. But an actual flurry of it will cause even the simplest bowl of pasta to sing. Yes, it's pricier than generic Parmesan, but a wedge stored in an airtight container will keep in the fridge for a few weeks, and you can even use the rind to add oomph to soups and stews.



Quick Ideas

PARM SCRAMBLED EGGS

Melt 1 Tbsp. butter in a non-stick skillet over medium-low. Add 6 beaten eggs; cook, stirring often, until almost set, 10 minutes. Remove from heat. Stir in $\frac{1}{3}$ cup grated Parm, 2 Tbsp. cubed butter, and $\frac{1}{2}$ tsp. kosher salt. Top with $2\frac{1}{2}$ Tbsp. grated Parm and 1 Tbsp. chopped parsley.

PARM GRILLED CHEESE

Spread 2 Tbsp. butter over 1 side of 4 white bread slices. Sprinkle with $\frac{1}{4}$ cup grated Parm. Flip 2 bread slices; spread with 1 Tbsp. Dijon mustard. Top with $\frac{1}{2}$ cup thinly sliced Gala apples and $\frac{1}{3}$ cup shredded Gruyère. Top with remaining bread slices, butter side up. Cook in a nonstick skillet over medium until golden brown, 3 minutes per side.

**INSTANT POT
PARM BROTH**

Heat 2 Tbsp. olive oil in a multicooker using the sauté function. Add 3 chopped carrots, 2 chopped stalks celery, 2 chopped yellow onions, 8 oz. sliced fresh shiitake mushrooms, and 8 cloves garlic. Cook, stirring occasionally, 8 minutes. Add 10 cups water, 1 tsp. peppercorns, 5 sprigs thyme, and 5 Parm rinds (about 10 oz.). Pressure-cook on high, 40 minutes. Release steam manually. Strain; discard solids. Stir in 1 tsp. kosher salt.

By Jenna Helwig

Recipes by
Marianne Williams

FOOD STYLING BY CHELSEA ZIMMER; PROP STYLING BY CLAIRE SPOLLEN

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SPACE OF THE MONTH

Happy Reading Nook

A sunny alcove designed for curling up with a good novel
or just daydreaming? We're in!

BY LESLIE CORONA





Meet the Owner

JONI LAY

The interior designer and creator of *Lay Baby Lay*, a parenting and lifestyle blog, was thinking strategically when she renovated and decorated one end of the attic space in her suburban Atlanta home.

At first she thought it could be a huge closet, but then she considered its proximity to her kids' bedrooms—and turned it into a reading nook for them. Her four kids often hole up in there, which Joni loves when she and her husband want quiet time. But when the little ones are off at school, she nestles into the colorful spot as well.



The wallpaper (Smitten Kitten by Jen Peters, from \$40; chasingpaper.com) is fun—and nearly identical to one in Joni's old home. She used it here to help ease the transition for her kids when they moved.

Get the Look

PICK A POPPY PAINT

Bright yellow was a bold choice, but it contrasts nicely with the pale blue in the adjacent bedroom. To keep the color from overwhelming the space, Joni paired it with a graphic wallpaper.

ADD PATTERN TO THE FIFTH WALL

Applying wallpaper to a low, sloped ceiling is easier than hanging it on high walls, Joni says, because you may not even need a ladder. Peel-and-stick paper simplifies the installation.

EMBRACE THE THEME

A library cart leans into the reading-nook concept and holds most of the books. Joni hung Ikea wooden spice racks to display beloved picture books—which serve as easily changeable wall art.

CHOOSE PIECES TO GROW INTO

Don't buy kiddie furniture for a kids' room. Adult-size chairs make for extra-cozy seating for tiny humans.

TO BUY: Surya Elaziz 2301 Area Rug, \$290; rugstudio.com. Erastus Armchair, \$290; wayfair.com. Fading Peonies No. 2 Unframed Print, from \$26; kellyventura.com. Paint: Glitzy Gold; sherwin-williams.com for info. Nathan Leather Pouf, \$200; allmodern.com. Martini Side Table, \$159; westelm.com. Blabla Kids Rainbow Pillow, \$76; maisonette.com.

WE FOUND IT!

A Robot Vacuum That Does It All

BY LESLIE CORONA
REAL SIMPLE Senior Home Editor



For a long time, I avoided robot vacuums. The one I had years ago sucked—and not in the way it was meant to. But I did a complete 180 when I tried Bissell’s **SpinWave Wet and Dry Robotic Vacuum**. This app-controlled baby has incredible suction power, runs for 90 minutes nonstop, and is so quiet, my husband has been known to nap while it does its job. Thanks to smart sensors, it navigates rooms with minimal bumping. Plus—wait for it—it even mops. Just swap the dry brush for the reusable pads, and when the vacuum nears a rug, it’ll turn back around! It leaves my rugs and hardwood floors spotless. Is your mind blown yet? Oh, it’s cute too!

Easy-to-remove parts make it a cinch to extract dirt collected by the device.

Schedule nightly cleanings to erase daily buildup of pet hair.



TO BUY:
SpinWave Wet and Dry Robotic Vacuum, \$399; bissell.com.

PROP STYLING BY HEATHER GREENE FOR HELLO ARTISTS; ILLUSTRATION BY BABETH LAFON



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ROAD TEST

Breast Supporting Actors

Don't let bra-blems get you down. These six uplifting stars (out of 35 tested) will keep you comfortable all day long.

BY FLAVIA NUNEZ



BEST FOR UNDER T-SHIRTS

Negative Stealth Mode Demi Bra

Nonslip straps and smooth, slightly padded cups let you wear this under any shirt, no matter how thin the material (or how chilly the air). **TO BUY:** \$75; negativeunderwear.com.



BEST SIZE RANGE

ThirdLove Everyday Lace Uplift Plunge Bra

From the brand that's committed to providing the perfect fit, this bra has you covered, with half-cup sizes ranging from AA to I. **TO BUY:** \$70; thirdlove.com.



BEST UNDERWIRE

Bali Minimizer Underwire Bra

Replace your most worn-out underwire with this full-coverage cup cradler. The size-minimizing style comes in 15 colors, and you'll love the hidden underwire for its added support sans poking.

TO BUY: \$44; balibras.com.



BEST STRAPLESS

Lively The Lace Strapless Bra

Ultra-soft lace means no scratchiness, while a wide band keeps the bra from falling to your belly button by lunchtime.

TO BUY: \$35; wearlively.com.



BEST WIRELESS

Knix LuxeLift Pullover Bra

Despite its lack of underwire, this easy-fitting pullover bralette is surprisingly supportive. It may feel snug at first, but the scoop-neck design molds to your shape over time.

TO BUY: \$50; knix.com.



BEST PUSH-UP

Spanx Bra-Ilelujah Demi Lift Bra

Boost what your mama did (or did not) give you: This comfy wide-strap, front-clasp option offers just the lift you want.

TO BUY: \$68; spanx.com.

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MY SIMPLE REALIZATION

“Let Go of the Things. Hold On to Their Meaning.”

After losing her mother to Alzheimer's,
writer ELIZABETH MOSIER found clarity in grief cleaning.

FACED WITH THE SAD TASK of clearing out my childhood home when my mother moved to memory care, I didn't consult Marie Kondo. I was devastated by Mom's Alzheimer's disease, and overwhelmed by all the objects my family had amassed. Surrounded by the flotsam of my parents' 50-year marriage, I didn't know where or how to begin. “Think like an archaeologist,” I said out loud.

Years before, I'd volunteered with a team of archaeologists excavating a colonial site near Philadelphia. Back then, the archaeologists would remind me that the stuff wasn't just stuff. Now they'd point out that the personal artifacts I chose to keep would create a record of my attachment to this place, these people, and the past. And they would understand that these decisions were entangled with emotions of loss. An archaeologist's job, after all, is to find meaning in material culture. And the practice I'd learned at the Philadelphia lab gave me momentum, as well as a way to work through my grief.

So as I wandered through the familiar excavation site, I understood viscerally that my family's house was like an archaeological “feature,” displaying tangible links to who we were and how we lived: midcentury furniture; wedding china used twice a year; black piano, out of tune; handmade quilts; school report cards; women's suits sealed in dry cleaner's plastic; handbags holding old lipsticks and Clark's Teaberry gum; datebooks with appointments noted in tight handwriting.

And in almost every room, multiple shelves double-stacked with books. These books were a beacon in my childhood, signaling that writing was a worthwhile pursuit. Since I'd left home, the collection had expanded to include a few written by me and many others authored by my teachers and friends, as well as duplicates Mom had forgotten she owned and purchased again.

Dismantling this library, more than 6,000 volumes, was both the hardest and simplest thing I had to do. I thought of the task as “grief

cleaning.” It's often traumatic, not because we're too attached to things but because we're detached from their meaning. But I knew what those books meant, so I could let them go.

All but two: Joan Didion's *The Year of Magical Thinking*, which I urgently needed to read, and my grandmother's 1927 *The Farmer's Guide Cook Book*, which was more than a collection of archaic recipes. The ephemera she'd pasted onto and slipped between the cookbook's pages—magazine clippings, poems, a piano recital program—were markers of social identity. As an artifact, this cookbook my grandmother used in her Frankfort, Indiana, kitchen was a window into the practices of a particular time and place in American history. As an heirloom, it rooted me in home and family when my mother, though still living, was lost to me. I knew the cookbook was a keeper the moment I pulled it from the shelf. ■

NOVELIST AND ESSAYIST ELIZABETH MOSIER IS THE AUTHOR OF *EXCAVATING MEMORY: ARCHAEOLOGY AND HOME*.

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Farmer-Owned

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GUIDES

SIMPLE TWIST

All Ears

Quick like a bunny, you can bring a little holiday cuteness to your Easter table with this napkin-folding trick from Kim Wilson, creator of the lifestyle blog *Sand & Sisal*. Just fold a square napkin into a triangle and, starting at the folded edge, roll it into a long tube. Place a hard-boiled or decorative Easter egg in the middle, then fold the napkin around it and tie with a string or ribbon.

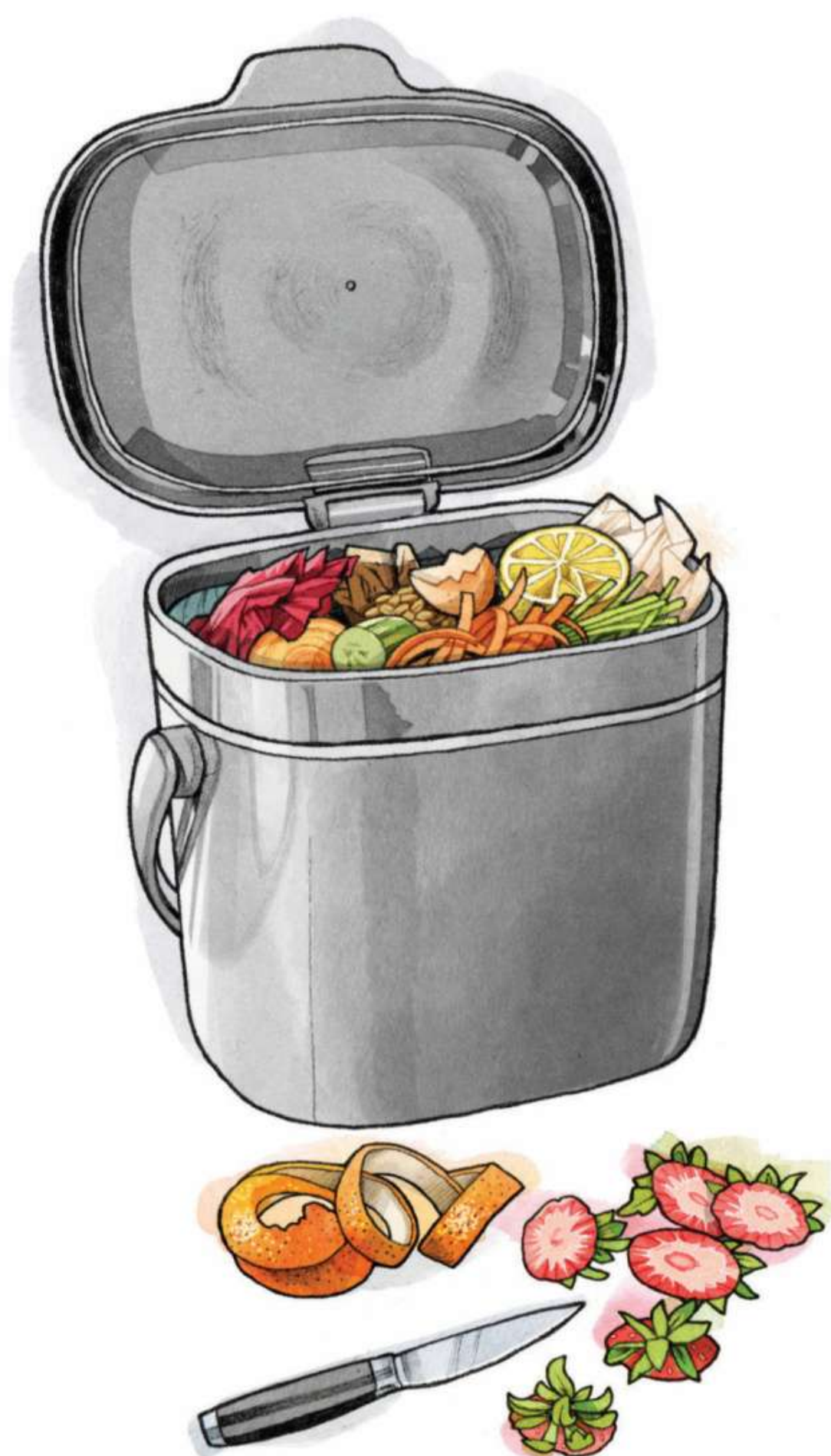
—Brandi Broxson

THINGS COOKS KNOW

Composting Is Cool

Put those food scraps and yard trimmings to use by starting an organics recycling routine. It's an easy eco-action, even if you don't garden.

BY LILA WEISER



WHAT EXACTLY IS IT?

Composting is the process of converting food scraps and yard waste into material that boosts the health of soil—meaning gardeners will likely need less store-bought fertilizer to get bigger and more beautiful plants. It's also excellent for the environment. When food and leaves break down in landfills, they produce methane, a greenhouse gas. Composting reduces that methane emission—since scraps never make it to the landfill in the first place.

WHAT TO COMPOST

You can compost fruit and veggies, eggshells, coffee grounds, tea bags (without the little staple!), paper towels, napkins, and newspaper. If you're composting in your yard, avoid adding fats, dairy, meat, and bones, as they can attract pests; some municipal organics recycling programs accept these categories. You can also throw in yard trimmings, like grass clippings and raked leaves.

HOW TO START

Give a one-gallon (or larger) compost bin a home on your counter. You can leave it as is or line it with a certified compostable bag (ask at the grocery store if their produce bags qualify). Toss food-prep scraps and leftovers into the bin. When it's full, empty it into your municipal barrel or drop it off at a farmers market

or community garden. You can also hire a private company to pick up the refuse. Of course, kitchen scraps can feed your very own backyard compost pile too.

HOW TO COMPOST IN YOUR BACKYARD

To help keep critters out, invest in an aerated tumbler or enclosed stationary bin. Maintain a mixture of one part “greens”—food scraps, grass trimmings, and green plant clippings—and two or three parts “browns”—dried leaves, woody plant material, and paper waste. Make sure the pile is moist but not dripping, and always cover it when unattended. Turning the mixture regularly helps aerate it and disperse moisture. Between turnings, the pile will heat up and begin to break down, courtesy of helpful microbes that thrive naturally in the mix. The compost may be ready to use in two to three months. When it looks like dark, crumbly topsoil and has a pleasant earthy odor, spread it around the plants in your garden.

OUR EXPERTS

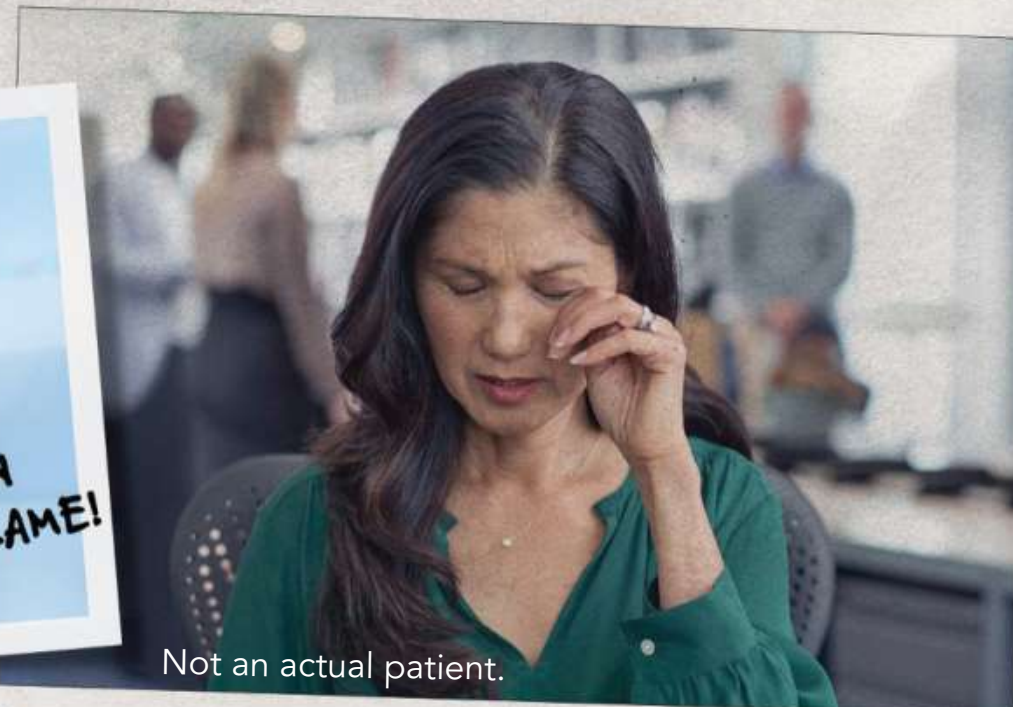
BRENDA PLATT, DIRECTOR OF THE COMPOSTING FOR COMMUNITY PROJECT AT THE INSTITUTE FOR LOCAL SELF-RELIANCE

WEN-JAY YING, CEO AND FOUNDER OF LOCAL ROOTS NYC

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*Artificial tears



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**You've tried over-the-counter eye drops,*
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for the signs and symptoms of dry eye: Xiidra.**

What is Xiidra?

Xiidra is a prescription eye drop used to treat the signs and symptoms of dry eye disease.

Important Safety Information

Do not use Xiidra if you are allergic to any of its ingredients. Seek medical care immediately if you get any symptoms of an allergic reaction.

The most common side effects of Xiidra include eye irritation, discomfort or blurred vision when the drops are applied to the eyes, and an unusual taste sensation.

To help avoid eye injury or contamination of the solution, do not touch the container tip to your eye or any surface.

If you wear contact lenses, remove them before using Xiidra and wait for at least 15 minutes before placing them back in your eyes.

It is not known if Xiidra is safe and effective in children under 17 years of age.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

For additional safety information about XIIDRA®, please refer to the brief summary of Full Prescribing Information on adjacent page.

XIIDRA, the XIIDRA logo and ii are registered trademarks of Novartis AG.

PATIENT INFORMATION

Brief Summary: Read this information before you start using Xiidra and each time you get a refill. There may be new information. This information does not take the place of talking to your doctor about your medical condition or your treatment.

What is Xiidra?

Xiidra is a prescription eye drop solution used to treat the signs and symptoms of dry eye disease (DED). It is not known if Xiidra is safe and effective in children under 17 years of age.

Do not use Xiidra:

If you are allergic to lifitegrast or any of the other ingredients in Xiidra, see **"What are the ingredients in Xiidra?"**

What should I tell my doctor before using Xiidra?

Before you use Xiidra, tell your doctor if you:

- are using any other eye drops
- wear contact lenses
- are pregnant or plan to become pregnant. It is not known if Xiidra will harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if Xiidra passes into your breast milk. Talk to your doctor about the best way to feed your baby if you use Xiidra.

How should I use Xiidra?

Talk to your doctor or pharmacist for additional instructions about the right way to use Xiidra. Use Xiidra exactly as your doctor tells you.

- To help avoid eye injury or contamination of the solution, do not touch the container tip to your eye or any surface.
- If you wear contact lenses, remove them before using Xiidra and wait for at least 15 minutes before placing them back in your eyes.
- Use 1 drop of Xiidra in each eye, 2 times each day, about 12 hours apart.
- Use Xiidra right away after opening. Throw away the single use container and any unused solution after you have applied the dose to both eyes. Do not save any unused Xiidra for later.

What are the possible side effects of Xiidra?

The most common side effects of Xiidra include eye irritation, discomfort, or blurred vision when the drops are applied to the eyes, and an unusual taste sensation (dysgeusia).

Seek medical care immediately if you get any symptoms of wheezing, difficulty breathing, or swollen tongue.

These are not all the possible side effects of Xiidra. Tell your doctor if you have any side effects that bother you. You may report side effects to the FDA at 1-800-FDA-1088.

How should I store Xiidra?

- Store Xiidra at room temperature between 68°F to 77°F (20°C to 25°C).
- Store Xiidra in the original foil pouch to protect it from light.
- Do not open the Xiidra foil pouch until you are ready to use the eye drops.
- Return unused single-use containers to their original foil pouch to protect from excessive light exposure.

Keep Xiidra and all medicines out of the reach of children.

General information about the safe and effective use of Xiidra.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. You can ask your pharmacist or doctor for information about Xiidra that is written for health professionals. Do not use Xiidra for a condition for which it was not prescribed. Do not give Xiidra to other people, even if they have the same symptoms you have. It may harm them.

What are the ingredients in Xiidra?

Active ingredient: lifitegrast

Inactive ingredients: sodium chloride, sodium phosphate dibasic anhydrous, sodium thiosulfate pentahydrate, and water for injection. Sodium hydroxide and/or hydrochloric acid (to adjust pH).

Manufactured for:
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*Artificial tears

LET'S TALK ABOUT DRY EYE

WITH CONTINUED
TWICE-DAILY USE,
XIIDRA CAN PROVIDE
LASTING SYMPTOM
RELIEF.

SHARE THIS WITH YOUR EYE DOCTOR TO START A DISCUSSION ABOUT XIIDRA.

- 1 Why are my eyes achy, gritty, and itchy?
- 2 Are over-the-counter eye drops* giving me lasting relief?
- 3 Is there inflammation in my eyes?
- 4 What can I do about inflammation?
- 5 How does Xiidra work?
- 6 Is Xiidra right for me?

ASK ABOUT XIIDRA,
FOR RELIEF THAT CAN LAST.



HEALTHY AT HOME

How to Eat More Plants

The health and environmental perks of even a part-time vegan diet are powerful. Take baby steps to reap serious benefits.

BY HALLIE LEVINE

A plant-based diet could prevent up to 11.6 million premature deaths every year.

YOU MAY HAVE MET your first vegan friend back in college and admired their willpower, but never thought you could pull off something like that. Fast-forward a few decades, though, and you not only see the benefits of a plant-based diet—for your health and the planet’s—but also feel it just might be doable these days.

As many as 6 percent of Americans report they’re vegetarian, and another 3 percent say they’re vegan. The numbers are likely to increase with the proliferation of meat alternatives: The plant-based food market is expected to grow by 12 percent annually over the next six years, according to research. And experts say a plant-based diet could prevent up to 11.6 million premature deaths every year, given its ability to reverse heart disease and type 2 diabetes and help lower body weight, says Neal Barnard, MD, president of the Physicians Committee for Responsible Medicine and adjunct associate professor of medicine at the George Washington University School of Medicine. What’s more, vegan and vegetarian diets are associated with significantly lower greenhouse gas emissions and water usage than meat diets, according to a 2016 review.

The key to adopting such a diet is to make small, sustainable changes. “I stress to all my patients that anytime they substitute a meat-based meal with a plant-based one, they’ve taken a step toward reducing their carbon footprint and improving their health,” says Joel Kahn, MD, an integrative cardiologist in Bingham Farms, Michigan. Here are seven ways to become a part-time vegan, no matter your challenges.

If the rest of your family eats meat...

Be a daytime vegan. This gives you the flexibility to enjoy spaghetti and meatballs with your family at dinner while still eating mostly plant-based meals and snacks. Food writer and best-selling cookbook author Mark Bittman lost more than 35 pounds and lowered his cholesterol and blood sugar by following a “vegan till 6” regimen (nothing but plant-based foods until 6 p.m.), along with avoiding highly processed carbs and sweets. Your morning and midday meals should consist of fruits, vegetables, beans, nuts, and whole grains to provide satiating fiber, healthy fat, and protein.



If you love to snack...

Stock your pantry with healthy plant-based options. You’re more likely to stick with a mostly vegan diet if you have the basics handy, Barnard says. He recommends chopped veggies or pita chips with hummus, mini rice cakes with peanut butter, tortilla chips with bean dip or salsa, edamame, plant-based yogurts, dried fruit, pretzels, popcorn, and soy or almond milk. Craving ice cream? Blend a frozen banana with a little nondairy milk for a creamy treat.

If you think “from a butcher” beats “from a bag”...

Don’t knock processed plant food. You may have heard that an Impossible Burger isn’t much healthier than fast food, but that’s not true, Kahn says. When people swapped their regular meat-based foods for Beyond Meat products (made with pea protein) twice a day for eight weeks, they saw their LDL, or “bad” cholesterol, drop by 10 milligrams per deciliter, according to a study in the *American Journal of Clinical Nutrition*.



— ★ ★ ★ —

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FUN FAMILY MEALS

Make dinnertime a little nuttier with interactive meal ideas for the whole family to create together and share.

Creativity at the dinner table should be an all-hands activity! Bring fun and imagination to your weeknight dinners with these ideas:

1. TACOS WITH A TWIST:

Everyone loves taco night, but experiment with a few different flavor profiles for a fusion-style take on the classic Tuesday night meal. Think Thai-inspired tacos with an almond butter sauce made with *Justin's*® Classic Almond Butter.

2. SWEET-AND-SAVORY CREPES:

Lay out toppings like *Justin's*® Maple Almond Butter, *Justin's*® Chocolate Hazelnut & Almond Butter, cheeses, meats, jams, and fruits.

3. DIY ICE-CREAM BAR:

This hands-on dessert is fun to make and even more fun to eat. Gather your base ice-creams and lay out your toppings such as *Justin's*® Dark Chocolate Peanut Butter Cups and Mini Milk Chocolate Peanut Butter Cups!

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GUIDES

“The longest-living family I ever studied ate the same thing for lunch every day,” one researcher says.

If you hate meal planning...

Have one go-to dish. Dan Buettner, a writer for *National Geographic* and the author of *The Blue Zones Kitchen*, has found that people with the greatest longevity tend to eat the same five food categories at each meal: whole grains, greens, tubers (such as potatoes and root vegetables), nuts, and beans. “The longest-living family I ever studied ate the same thing for lunch every day,” Buettner says. “They’d make a big pot of minestrone soup with three beans, tomatoes, barley, and onion, and eat leftovers at dinner too.” One of Buettner’s favorite big-batch recipes to eat again and again: brown rice with slow-cooked black beans and roasted squash, topped with avocado. Sprinkle with sriracha and soy sauce for extra flavor.

If you don’t know where to start...

Binge-watch some inspiration. Kahn recommends several documentaries to his patients, including *Game Changers* and *Forks over Knives*. At forksoverknives.com, you can find recipes, meal ideas, and tips for testing out a vegan diet. ■

If you can’t live without cheese...

Look for pungent vegan substitutes. Dairy-free cheeses are blended from ingredients like soy, coconut, and tree nuts, then fermented to get the texture and flavor you’d find in any gourmet cheese, Kahn says. You may have the best luck with creamy options, such as Tofutti Milk Free Better Than Ricotta Cheese (made with oils, tofu, and soy protein); plant-based queso-style dips, such as Siete Mild Nacho Cashew Queso; and French-style nut cheeses, such as Miyoko’s Creamery Herbes de Provence Cashew Milk Cheese.

If you love to eat out...

Go to vegan-friendly restaurants. The HappyCow app (\$4; iOS and Android) lets you search for local vegan spots, as well as plant-based menu items at nearby chains. For example, you could try a vegetable-laden pasta dish at the Cheese-cake Factory, a plant-based burger at Ruby Tuesday, or tofu burrito filling at Chipotle. Baskin-Robbins even has vegan ice cream.



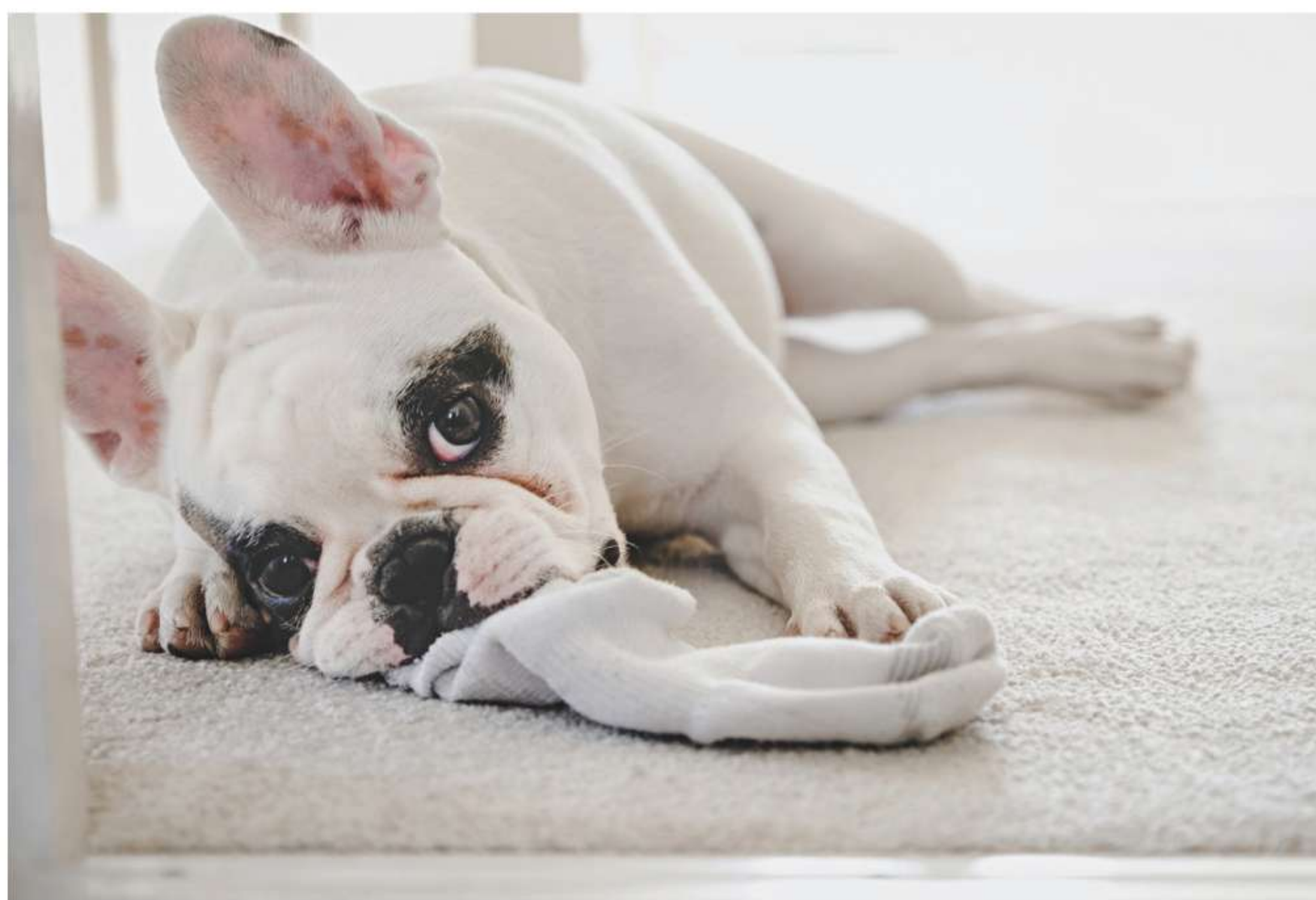
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Pet Puzzler A Trainer Helps Fix Your Peskiest Issues

BY JUNO DEMELO



THE ISSUE

“As soon as I leave my dog alone, he starts chewing everything in sight. Help!”

THE PRO

Victoria Stilwell is the host of the TV show *It's Me or the Dog*, author of *The Ultimate Guide to Raising a Puppy*, and founder of the Victoria Stilwell Academy for Dog Training & Behavior.

THE FIX

Check with your vet to make sure your dog doesn't have a toothache or teeth coming in. Then look at patterns and habits. Your dog may be chewing to self-soothe because he has separation anxiety, or because he's bored and chewing feels good.

Designate an area to dogproof, like the kitchen or laundry room, so your pup can't harm himself or your home while you're gone. Set him up behind a baby gate—not a closed door, which can worsen separation anxiety—and remove anything he can destroy, especially things that smell like you, such as shoes. A dog bed is fine, but pick a durable one. The brand Kuranda (from \$65; kuranda.com) is used in shelters.

Next, leave him something safe to eat (or lick!). You can freeze low-sodium chicken stock in large ice cube molds and pop them into a hard-to-chew bowl. Put soft music on too—a quiet house could be unnerving.

Avoid short, vigorous activities before you leave, like quick games of backyard fetch. They can fill him with energy he'll need to release, which might lead him to chew. Mental stimulation can be as tiring as physical activity, so consider taking your dog on a “sniffing” walk, allowing him to sniff as much as he wants for about 20 minutes. Research shows that sniffing and seeking appear to make dogs happier and even more optimistic, which means he may be in a better mental state when you leave.

If you catch him chewing something he shouldn't, say no in a firm, kind, low voice. Trade whatever he was gnawing on for something more appropriate, like a stuffed and frozen chew toy.

EXTRA CREDIT

If your dog dislikes the taste of Grannick's Bitter Apple (\$11 for 8 oz.; petco.com), try spraying it on furniture, doorways, and anything else you can't move out of harm's way.



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GARDENING

Get a Greener Yard (No Lawn Required!)

Want a lush outdoor space that's more eco-friendly and easier to deal with?
Let these interesting ideas, and high-impact plants, inspire your season.

BY JESSIE KISSINGER AND LAURA FENTON

PLAN IT

Minimize your lawn. Grass often requires more fertilizer, herbicides, pesticides, and water than other types of landscaping—and it offers little in the way of ecological benefits. Reducing a lawn’s size to what you actively use will make an impact. Start small: Remove a section of turf grass and plant native grasses, trees, or shrubs.

Try matrix planting. In this style of landscaping, complementary hardy native plants and low-growing ground cover are planted tightly together to hold in moisture and crowd out weeds. Your local nursery can help you select region-appropriate plants that pair well together.

Extend your season. Choose plants that bloom at different times and you’ll have beauty from spring through fall. You’ll also provide wild-life and pollinators—bees, butterflies, and other creatures that transfer pollen from one flower to another—with a continuous source of food.

CALIFORNIA FRUITS AND NUTS

With perennial plants like fruit and nut trees, berry bushes, and some herbs, you plant once and reap produce for years to come. In Ronald Koo and Miwa Hayashi’s garden (opposite) in Los Altos, California, edible plants, including ginger and bamboo, are interspersed with low-maintenance evergreen trees, shrubs, and succulent rosettes. Self-seeding and perennial flowers, such as California poppies, buckwheat, and yarrow, attract pollinators that help the fruit grow. The couple has even embraced edible weeds, like wild spinach and bittercress, which come in with the wind and give the yard a wild—but not overgrown—look.

Test your soil. This sounds like pro gardener stuff, but it’s a must if you plan to grow vegetables or fruits. Your local cooperative extension service or an independent lab can thoroughly analyze a soil sample. If the test reveals lead (maybe from old paint scraped off siding) or DDT or arsenic (sometimes found near farm sites), you can still grow food. Just do so in raised beds with organic soil bought at the garden center.

Find your allies. Sourcing the most eco-friendly plants will be easiest at a nursery specializing in native plants (see “Plant It,” next page).

A MEADOW IN THE MIDWEST

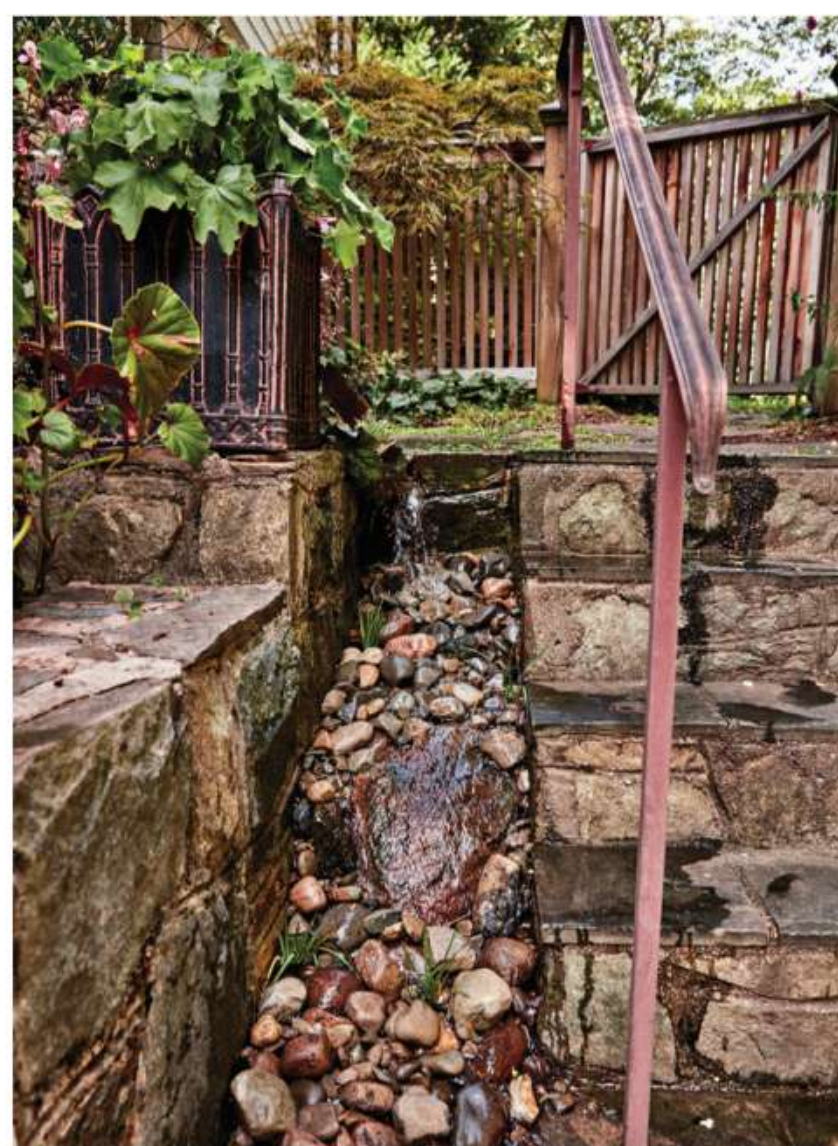
Much like the nearby prairie, Steven and Jeanne Brinks’s garden (below) in Carroll, Iowa, has a diverse mix of ornamental grasses and flowering perennials. To reduce weeds, they planted the perennials and ground cover tightly together in beds with curved edges, which give the garden an organic feel. The plants’ varied heights add to that sense of natural flow, with the tallest one, prairie dock, reaching eight feet in July. When the plants die back in the fall, the Brinkses leave the dried stalks and grasses in place through the winter. In the spring, they mow it all (using the mulch setting), and the process starts over again.





RAINSCAPE IN THE MIDATLANTIC

Eager to protect the nearby Chesapeake Bay, Stuart Sessions and Beth Morrison reimagined their yard in Chevy Chase, Maryland, as a rainscape that would slowly absorb precipitation and prevent runoff. They transformed their lawn into two rain gardens, bridged by a landscape filled with native plants. The rain gardens are depressions in the ground—about eight inches below grade—that become quick-draining ponds after Maryland’s frequent storms. They’re planted with species that thrive despite occasional floods and dry spells, like coneflower, aster, and indigo. The landscape bridging the rain gardens has small berms, or raised edges, to slow down water so tree roots have time to drink it up.



PLANT IT

Opt for perennials. Annuals (like impatiens and marigolds) must be replanted every year, while perennials can grow for decades. They’re less work every spring *and* more sustainable, since their root systems can make them more drought resistant and help build up the soil. Visit baileynurseries.com to find the best perennials for your area.

Choose native plants. Because they grow naturally in your region, they are well adapted to living there and shouldn’t require lots of fertilizer, pesticides, and water. Search for native-plant nurseries near you at wildflower.org/suppliers.

But you don’t have to be a purist. Nonnative plants and “nativars” (cultivated cousins of wild plants) can extend seasonal color and make food for wildlife. Just steer clear of invasive species; visit invasivespeciesinfo.gov/us for info on invasive plants in your region. If you find any in your garden, dig them out.

Try another kind of grass.

Replace part of your lawn with ornamental or sedge grasses. Ornamentals are usually tall and add structure and airiness to landscaped beds, while sedge mimics the green of a lawn. Both tend to need less fertilizer and water than standard turf, and you only have to mow them once a year, if at all.

Start an herb garden. A pot of herbs can be easy to grow, even in a small space, and help you foray into producing your own food. You’ll make a baby-step reduction in your carbon footprint, and—bonus eco points—you won’t have to buy those little plastic containers again.

CREATE YOUR OWN

Outdoor Retreat



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“It doesn’t matter where you are—Arizona or Florida. If you do a native landscape, you’ll likely reduce your water bill by at least 50 percent,” says Phoenix landscape architect Michele Shelor.

MAINTAIN IT

Go organic. Natural pesticides and fertilizers are the more eco-friendly choice; luckily, they’re widely available at garden centers, including Lowe’s and the Home Depot. It’s especially important to use organic pest treatments on plants you’ll eat. (You can also try neem oil.)

Mulch as you mow. Your lawn will benefit from the mulch setting on your mower, which leaves behind grass clippings that slowly decompose and feed the plants. In the fall, you can mow right over leaves to nourish the soil and cut down on raking.

Capture rain for a sunny day. Rain barrels easily help manage stormwater. Ranging from basic plastic barrels to terra-cotta vessels with built-in flowerpots, they hook up to your gutters’ downspouts and store rain for watering plants.

Skip the fall cleanup and dead-heading. Leave dried ornamental grasses and perennials standing all

winter. They’ll provide food for birds and offer visual interest—especially when coated with snow.

UPLEVEL IT

Consider a rain garden. If your yard is frequently flooded by stormwater runoff, it might be a good candidate for a rainscape. These gardens are designed to capture and absorb rain so it doesn’t flow into overwhelmed storm drains. Because grading is involved, you’ll need a pro to help, but some towns and states give rebates or tax credits (up to thousands of dollars) to homeowners who help manage stormwater.

Choose a permeable patio. If you’re renovating your patio or driveway, opt for a material that water can flow through to help reduce storm runoff. Try gravel instead of asphalt or flagstones instead of slab concrete.

Add smart irrigation. Installing irrigation may seem like a path to excess water use, but drip irrigation uses less water than traditional sprinklers. It targets the plants’ roots, supplying the minimum amount of water

needed and saving you money in the long run. It’s also better for the environment to invest in an irrigation system that keeps your plants alive, rather than potentially underwatering and having to replace them.

Plant fruit trees. Fruit trees bestow all the benefits of other types of trees—soaking up carbon dioxide, providing shade—and also give you food. While most fruit trees take a few years to produce a crop, it’s best to start with smaller ones so you can train them with annual pruning, which leads to higher-quality fruit. Keep them away from fence lines, which can be an invitation for wildlife to enjoy your fruit. ■

GARDEN BY MAIL

For an easy way to try flowering plants, check out the preplanned pollinator and hummingbird gardens from White Flower Farm (whiteflowerfarm.com). The company sends you the plants and the layout for a simple installation. For fruit trees, you don’t need an orchard to grow different kinds: Raintree Nursery (raintreenursery.com) sells a popular (and currently sold out) Fruit Cocktail tree, featuring peaches, apricots, nectarines, cherries, and prunes grafted onto one plant. Surround it with culinary herbs and flowers to attract pollinators.

DON'T TOSS YOUR PLASTIC POTS

Customers can bring their empty pots back to the Home Depot Garden Centers nationwide for growers to refill. When the pots are no longer reusable, they’re recycled into new pots, trays, and hanging baskets.

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LESLIE BENNETT, OWNER OF PINEHOUSE EDIBLE GARDENS, A LANDSCAPE DESIGN FIRM IN OAKLAND, CALIFORNIA

AUSTIN EISCHEID, GARDEN DESIGN CONSULTANT IN CHICAGO

EDAMARIE MATTEI, FOUNDER OF BACKYARD BOUNTY, A LANDSCAPE DESIGN FIRM IN SILVER SPRING, MARYLAND

MICHELE SHELOR, LANDSCAPE ARCHITECT AND PRINCIPAL OF COLWELL SHELOR LANDSCAPE ARCHITECTURE IN PHOENIX

ECZEMA: UNDER CONTROL. SO ROLL UP THOSE SLEEVES.

DUPIXENT is a breakthrough in the treatment of uncontrolled moderate-to-severe eczema (atopic dermatitis).

Approved for ages 6 years and up.

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DUPIXENT helps heal the look and feel of skin. And it's not a cream or steroid. It's a biologic that continuously treats eczema over time—even between flare-ups. See and feel a significant difference with:

Clearer skin • Fast itch relief

- In clinical trials at 16 weeks, 37% of adults and 24% of teens (ages 12-17) saw clear or almost clear skin vs 9% and 2% not on DUPIXENT.
- And 38% of adults and 37% of teens (ages 12-17) had significantly less itch vs 11% and 5% not on DUPIXENT.

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INDICATION

DUPIXENT is a prescription medicine used to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

IMPORTANT SAFETY INFORMATION

Do not use if you are allergic to dupilumab or to any of the ingredients in DUPIXENT®.

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you: have eye problems; have a parasitic (helminth) infection; are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT; are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby. There is a pregnancy exposure registry for women who take DUPIXENT during

pregnancy to collect information about the health of you and your baby. Your healthcare provider can enroll you or you may enroll yourself. To get more information about the registry call 1-877-311-8972 or go to <https://mothertobaby.org/ongoing-study/dupixent/>; are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your healthcare provider if you are taking oral, topical or inhaled corticosteroid medicines or if you have atopic dermatitis and asthma and use an asthma medicine. **Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

DUPIXENT can cause serious side effects, including:

Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis. Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.

Eye problems. Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.


The most common side effects in patients with atopic dermatitis include injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, and cold sores in your mouth or on your lips.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to

the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed. Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it. DUPIXENT is an injection given under the skin (subcutaneous injection). If your healthcare provider decides that you or a caregiver can give DUPIXENT injections, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

Please see Brief Summary on next page.

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Brief Summary of Important Patient Information about DUPIXENT® (dupilumab) Rx Only
(DU-pix’-ent)
injection, for subcutaneous use

What is DUPIXENT?

- DUPIXENT is a prescription medicine used:
 - to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

Who should not use DUPIXENT?

Do not use DUPIXENT if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

What should I tell my healthcare provider before using DUPIXENT?
Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:

- have eye problems
- have a parasitic (helminth) infection
- are scheduled to receive any vaccinations. You should not receive a “live vaccine” if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
 - **Pregnancy Exposure Registry.** There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. Your healthcare provider can enroll you in this registry. You may also enroll yourself or get more information about the registry by calling 1 877 311-8972 or going to <https://mothertobaby.org/ongoing-study/dupixent/>.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your healthcare provider if you:

- are taking oral, topical, or inhaled corticosteroid medicines
- have atopic dermatitis and asthma and use an asthma medicine

Do not change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

How should I use DUPIXENT?

- **See the detailed “Instructions for Use” that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes and pre-filled pens.**
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield or as a pre-filled pen.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

- **If your dose schedule is every other week and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.
- **If your dose schedule is every 4 weeks and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, start a new every 4 week dose schedule from the time you remember to take your DUPIXENT injection.
- If you inject more DUPIXENT than prescribed, call your healthcare provider right away.
- Your healthcare provider may prescribe other medicines to use with DUPIXENT. Use the other prescribed medicines exactly as your healthcare provider tells you to.

What are the possible side effects of DUPIXENT?

DUPIXENT can cause serious side effects, including:

- **Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects of DUPIXENT in patients with atopic dermatitis include: injection site reactions, eye and eyelid inflammation, including redness, swelling and itching, and cold sores in your mouth or on your lips. Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

General information about the safe and effective use of DUPIXENT.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.

This is a brief summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.

For more information about DUPIXENT, go to www.DUPIXENT.com or call 1-844-DUPIXENT (1-844-387-4936)

What are the ingredients in DUPIXENT?

Active ingredient: dupilumab
Inactive ingredients: L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

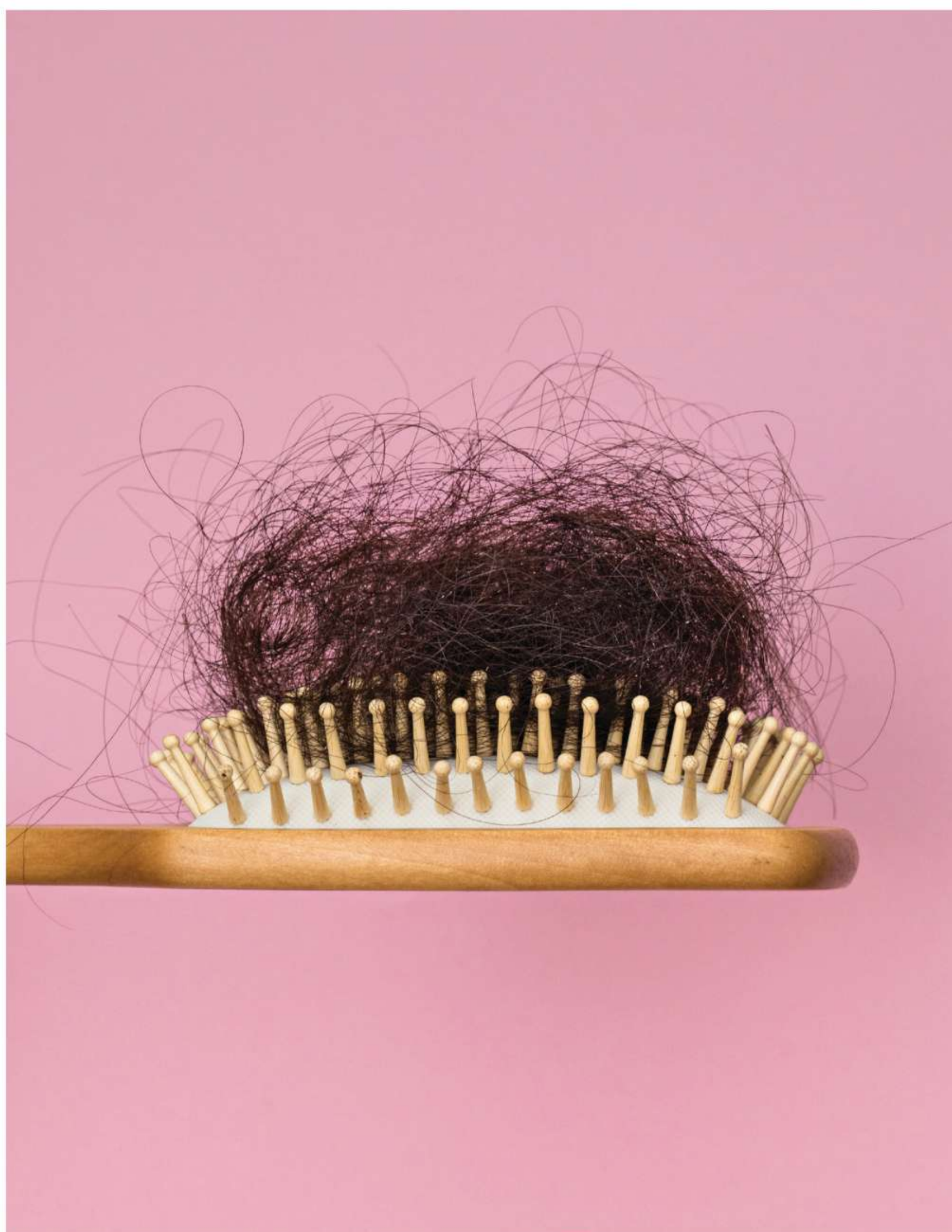
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Issue Date: June 2020

SPOTLESS

CLEAR THE HAIR

Whether they're deep inside the drains or sprinkled across the upholstery, all those strands have got to go. Here's the best advice for getting rid of fuzz once and for all.

BY LESLIE CORONA



Hairy Situations

YIKES: Mountains of hair accumulate on your bathroom floors.

FIX IT: You don't need to lug out the vacuum. Simply use your blow-dryer to blast hairs from corners and tight spots toward the center of the room. "We use this trick at the salon," says hairstylist Siobhán Quinlan, creative director of Art + Autonomy Salon in New York City. Swipe up the pile with a damp microfiber cloth. "Microfiber is great at attracting fine particles like hair because it's very staticky," says Melissa Maker, founder of the cleaning company Clean My Space. To get stubborn hairs off a microfiber cloth, rub it against itself.

KEEP IT UP: Next time you're blow-drying or teasing out your 'do, close the door so strands don't travel to other rooms, and tilt your head over the bathtub. Have a reliable hair strainer in place over the drain. Afterward, wipe the bottom of the tub with a microfiber cloth, or turn on the faucet and let the water drag the strands to the strainer.

TO BUY: The TubShroom (\$13; tubshroom.com) is a favorite hair strainer among experts. The unique design catches nearly every hair without disrupting water flow, and it's incredibly easy to install.

YIKES: A feline friend rubs against the bottom of your drapes, leaving a trail of fur.

FIX IT: Finally, an often overlooked vacuum attachment has its moment to shine! Use the upholstery attachment on heavy drapes. If the curtains are light, toss them into the dryer with wool dryer balls to collect the fuzz (just be sure to check the tags for washing instructions first).

KEEP IT UP: Antistatic spray (such as Static Guard) may prevent fur from clinging to the drapes. Alternatively, use outdoor curtains inside, says Jenn Kline, head of design at Pottery Barn. They're typically made with durable fabric that repels moisture, staining, and—coincidentally—pet fur.

TO BUY: Try the MultiClean Allergen Lift-Off Pet Vacuum Cleaner (\$220; bissell.com), which has a special Pet TurboEraser Tool. Plus, you can detach the small canister to tackle hard-to-reach spots.

YIKES: You and the plumber are basically besties, now that he's snaked your bathtub drain who knows how many times.

FIX IT: Extracting gobs of hair from your pipes is icky business—and those plumber bills add up—but using a liquid or gel clog remover should be your last resort, says Lou Manfredini, a home expert with Ace Hardware. Start with a drain snake to reel in the troublemaking clumps. You could also use a plunger: Remove the cap from the overflow drain (the metal disk on the side of the tub, beneath the faucet), and plug the drain with a wet rag. Then take out the stopper from the problem drain, and try suctioning up the clog with the plunger.

KEEP IT UP: A good strainer is an absolute must. Ideally, pull hair out after every shower, and scrub the strainer monthly with an old toothbrush to remove gunk. Important: Toss hairballs from the shower into the trash, not the loo, Manfredini says.

TO BUY: If you're still wading in ankle-deep water during your next shower, try a chemical cleaner, preferably one that is nonacidic, like Insta-Flo Drain Cleaner (\$20; acehardware.com). "Follow the instructions on the container to a tee, since these formulas can be really caustic," Manfredini says. After all, they're created to dissolve hair, scum, and other grossness.

YIKES: A certain family member's daily grooming session results in whisker fragments all over the bathroom sink.

FIX IT: Encourage your loved one to wipe the sink with a few squares of slightly damp toilet paper after each shave. Collect any straggling hairs with masking tape. If built-up product from wet shaving is causing a slow drain, use a drain snake or, if you must, a clog remover as recommended above.

GET TO THE ROOT OF THE PROBLEM

The average person sheds between 50 and 100 strands of hair per day. "It's a constant cycle of hair growing, resting, and falling out," says trichologist Kevin Mancuso, global creative director of Nexxus Salon Hair Care. To help minimize the mess, here are some preventive measures from Mancuso, Quinlan, and Heather Coughlin, vice president of product development at the hair-care brand Amika.

OPT FOR A LOOSE, LOW BUN OR PONYTAIL if you want to pull your hair back. A tight updo can create tension at the roots, causing more shedding.

EASE UP ON PLAYING WITH YOUR HAIR. Twirling, petting, and flipping it will inadvertently tug out strands.

MESSAGE YOUR SCALP when you're showering to stimulate blood flow, which helps keep roots healthy.

BIOTIN SUPPLEMENTS may help your hair grow healthier and stronger, reducing breakage.



HECKIN' GÜD

/ hek-in good /
adj.

Used to describe that which is extremely desirable or enjoyable.
As in, "The hooman thinks New Fresh Step with Febreze Freshness
and Gain Scent smells HECKIN' GÜD!"

FEBREZE 10-DAY ODOR CONTROL
FRESH STEP *We Speak Cat*



KEEP IT UP: Dry shavers can lay a towel over the sink. When they're finished, they can fold it up and shake hairs into the trash. Wet shavers can periodically pour a small pot of boiling water down the drain to help prevent product and hair from accumulating.

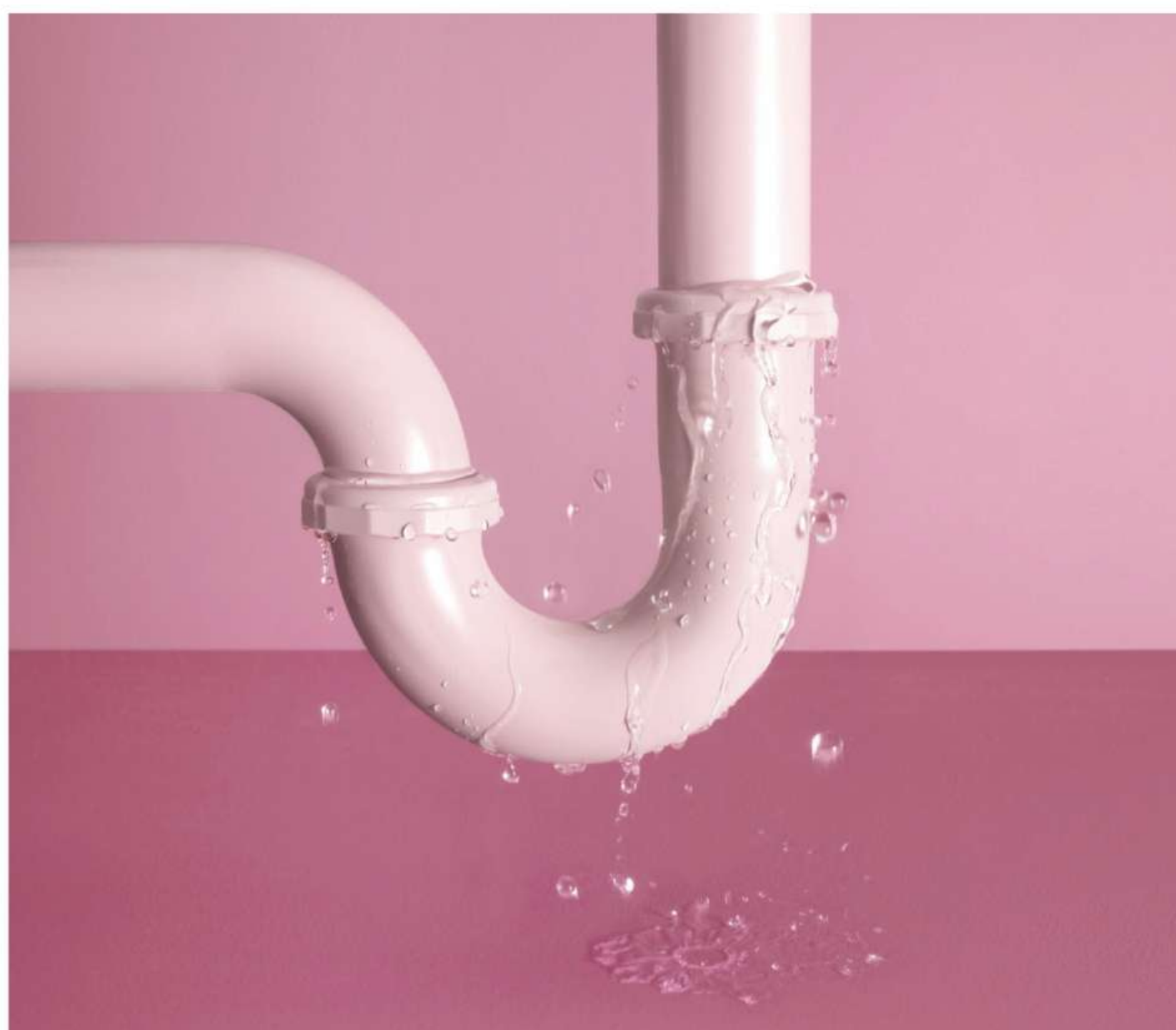
TO BUY: The Beard Bib (\$21; duluthtrading.com) is an almost three-foot-long apron that drapes over the sink and suctions to the mirror. The slippery surface means all that hair should slide right off into the trash.

YIKES: Your bathroom baseboards are magnets for dirt, dust, and hair.

FIX IT: Styling products, like hair-spray, can settle along the baseboards and create a tacky surface that attracts particles. Wipe your baseboards with a microfiber cloth dampened with rubbing alcohol, which will help break down the sticky stuff. Test a small patch first to make sure the alcohol doesn't discolor or damage the finish, Maker suggests. If it does, stick with water (and a little more elbow grease).

KEEP IT UP: After the area is clean and dry, run a dryer sheet along the baseboard. This will leave behind a coating that helps repel staticky hair.

TO BUY: Try Mrs. Meyer's Dryer Sheets (\$9 for 80; mrsmeyers.com), which are made from plant-derived fibers.



YIKES: Before you leave the house, you look down and see your clothes are coated in hair.

FIX IT: Sure, a lint roller is the obvious answer, but use the fabric kind on clothes. It's more sustainable than the sticky-paper variety when it comes to daily tasks, Maker says. Pass it over your clothes, and the friction will let static cling do its magic.

KEEP IT UP: On laundry day, run hair-laden clothes and linens through the dryer for 10 minutes before throwing them into the wash to agitate off as much fur as possible. After washing, pull out each wet item and give it a snap to release stubborn hairs (and any wrinkles!), then toss it into the dryer with wool dryer balls or Bounce Pet Hair and Lint Guard Unscented Mega Dryer Sheets (\$13; amazon.com).

TO BUY: Donna Smallin Kuper, a certified housekeeping technician, uses the FurLifter Self-Cleaning Garment Brush (\$16; oxo.com).

YIKES: The brushes on your vanity are matted with hair.

FIX IT: Comb (yes, comb) the brush. Standing over the garbage, lift strands off the bristles with the pointy end of a tail comb.

KEEP IT UP: Do this after every use so hairs don't collect. Quinlan also recommends washing brushes regularly: Hold a brush under hot running water and add a tiny drop of shampoo. Gently rub the bristles, then rinse away the suds and lay the brush, bristle side down, on a towel to dry.

TO BUY: Self-cleaning hairbrushes do exist. The Mirai Hair Brush (\$29; bigelowchemists.com) comes with cotton liners you press onto the bristles and then peel off.



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SPLATHAIRCOLOR.COM

The average person sheds between 50 and 100 hairs per day. In a multiperson (and pet) household, all that fuzz builds up fast.

YIKES: Guests are coming over, and there's a thick layer of fur on your sofa.

FIX IT: Dampen a squeegee and drag it along your upholstery in short strokes. "The friction will help it pick up pet and human hair," Maker says. You could also use a damp rubber glove.

KEEP IT UP: Toss a machine-washable throw over your sofa for quicker clean-ups in the future. Just pull off the blanket to reveal pristine seating before guests arrive. If you're in the market for a new sofa, choose one in leather, Kline says, since hairs won't stick. Microfiber is another option—the tightly woven fabric makes it harder for hair to get caught in the weave.

TO BUY: The Full Circle Wipe Out Pivoting Head Squeegee (\$10; containerstore.com) has a sturdy and wide surface area.

LET'S NOT FORGET FURRY FAMILY MEMBERS

With consistent TLC, your pet's coat can be strong and healthy—and not spread all over your home. Elswick recommends these habits.

BRUSH YOUR PET AT LEAST ONCE A WEEK, more often if he has a thick or double coat.

BRUSHING OUTDOORS IS IDEAL, but what matters most is that your pet feels comfy enough to sit still for a quick grooming.

ASK YOUR VET if you can incorporate more omega-3 fatty acids into your pet's diet. There's evidence they may improve skin and hair, and a healthier, stronger coat could mean less shedding.

DRESSING YOUR PET in a specially made onesie (like Shed Defender, from \$40; sheddefender.com) will reduce the amount of hair that lands on the floor and may even help ease anxiety.

YIKES: Your socks are covered in pet fur from your carpet.

FIX IT: Use a high-quality vacuum with a HEPA filter that will suck up all that fur, along with dander and allergens trapped in the fibers.

KEEP IT UP: Vacuum your whole home weekly and high-traffic areas more frequently, Kuper says. If the thought of constant vacuuming fills you with dread, there's another solution. "Some animal hospitals set out a robot vacuum cleaner to do the bulk of the work overnight," says Maranda Elswick, DVM, creator of the Meowing Vet, a pet information site.

TO BUY: Check out our favorite robot vacuum on page 30. For a low-tech option, try a rubber broom or one with short, dense bristles. The Wisp Cleaning Set (\$40; thewisp.com) will dredge up embedded hairs, Kuper says.

YIKES: The power strip by your desk is a jumble of cords and, ew, hair.

FIX IT: Simply unplug it from the wall, then vacuum up the "nest."

KEEP IT UP: Plop your cords into a cable-organizing box—if you shed hairs, they won't end up tangled among the wires.

TO BUY: The Cable Management Box (\$38; theyamazakihome.com) not only hides ugly tech parts but is also easy to wipe clean.

YIKES: Fur and hair collect around the legs of your furniture.

FIX IT: Don't just mop around furniture. Lift each leg to ensure you're removing all the debris. Then, wearing damp rubber gloves or using a cloth, cup the bottom of each leg and twist to collect dust bunnies.

KEEP IT UP: Swap out the wool felt pads—which are hair magnets—for plastic gliders or silicone caps.

TO BUY: Try Everbilt's 7/8 Inch Clear Leg Tips (\$3 for 4; homedepot.com). ■

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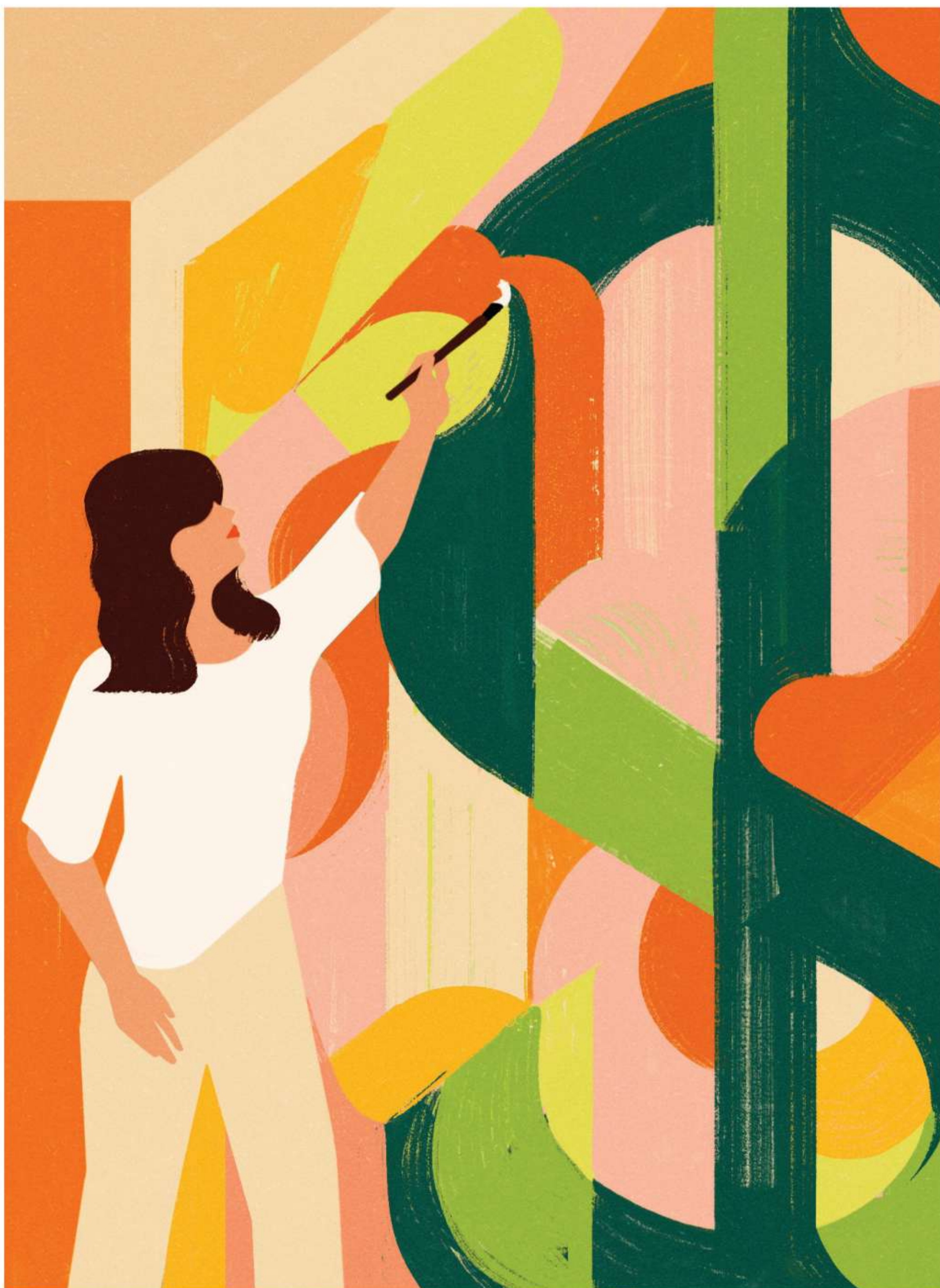
EXPIRES 05/19/2021

MONEY

Eyes on the Ultimate Prize

It's possible to feel good about retirement, whether you have a nice nest egg or not even a fledgling fund.

BY KARA CUTRUZZULA



LET'S GET THIS STRAIGHT: You deserve the retirement of your dreams. But real and urgent issues might be blurring the (possibly beachside) retirement picture in your mind. Only a quarter of U.S. women believe they're on track to achieve their retirement income needs, according to a recent survey. Roadblocks include the gender pay gap—women earn, on average, 82 cents for every dollar earned by men—and the high cost of caregiving later in life.

Not to mention the pandemic. The Covid-19 crisis cut jobs and forced many women to step back from their careers to tend to their kids and oversee remote learning. In fact, as of January, only 57 percent of American women were working or looking for work.

Rest assured: There is still time to act. Whatever your retirement goals—maintaining your current lifestyle, upgrading, making a dramatic move—you can find the right path forward. Just take it one step (and life stage) at a time.

If you haven't started saving...

You're not alone. According to a Federal Reserve Board report, 25 percent of the working population has nothing saved for retirement. But it's important to start as early as possible so you take advantage of compound interest. If you begin investing \$100 a month at age 25, you could have almost twice as much in your account by the time you retire as someone who started at age 35, says Gina Zakaria, founder of Saving Whiz, a financial education platform.

DO THIS ASAP: Check if your employer offers a 401(k) and matches employee contributions, which means it will throw in some or all of what you do, up to a certain percentage of your salary. "Many people don't think about employer matching as part of their compensation, and they end up leaving a lot of money on the table," Zakaria says. "That's like saying, 'Instead of paying me \$20 an hour, it's OK to pay me \$17.'" Try to contribute at least enough to earn the full employer match.

DO THIS IN THE NEXT YEAR: If you're a gig worker, entrepreneur, or independent contractor and don't have a retirement plan through a company, open an IRA or Roth IRA, says certified financial planner Sarah Catherine Gutierrez, author of *But First, Save 10: The One Simple Money Move That*

Will Change Your Life. "If you make less than \$60,000 annually, aim to save 10 percent in your retirement account," she says. "If you make more, consider a Simplified Employee Pension plan or a one-participant 401(k) plan, sometimes called a solo 401(k)." In any of these scenarios, the key is automation—embrace that "set it and forget it" mentality.

DO IT FOR YOUR DREAMS: Saving for retirement is a gift to your future self. For present-day peace of mind, build an emergency fund: Aim to stash three to six months' worth of expenses in a high-yield savings account, Gutierrez says.

If you're midcareer and your spending has gotten off track...

Even though you might be earning more money, saving often takes a backseat when you're busy with expensive life events, like raising children. But keep with it. "Saving for retirement should be a higher priority than saving for your kids' college fund," Zakaria says. "Your child can apply for grants and scholarships, but you can't apply for those in retirement."

DO THIS ASAP: Audit your current expenses, which could look very different now than they did in previous years. If your food-delivery spending has skyrocketed, for example, Zakaria recommends making a "dupe takeout" dinner, in which you re-create one of your favorite restaurant meals at home. "The difference can go right into savings," she says.

DO THIS IN THE NEXT YEAR: List all of your current and future priorities, then create a high-yield savings account for each goal, says certified financial planner Barbara Ginty, host of the podcast *Future Rich*. Give each account a nickname—like "house down payment"—and automate contributions. Make sure that each priority is worthy, and that your retirement is among your top commitments.

DO IT FOR YOUR DREAMS: Use pay bumps wisely. If you nab a cost-of-living raise of 3 percent, Ginty recommends putting half of that raise into your retirement account to grow your wealth.

If you're over 50 and need to ramp up savings...

"You're in the homestretch for retirement, and it is really important to be laser focused," Ginty says. "You have between 10 and 20 years to secure your future if it hasn't been a priority up to this point."

DO THIS ASAP: Decide how much money you'll need to retire, then work backward from that number to determine how to save enough to get there, Ginty says. Consider hiring a pro who can help you figure out that target amount and strategize. You might

decide to sell an asset or increase your contributions. Or you might want to work a bit longer, which could net you higher monthly social security payments down the road: Delaying your social security benefits until you retire can increase your payments by up to 8 percent per year, depending on how old you are.

DO THIS IN THE NEXT YEAR: After you turn 50, you can take advantage of annual catch-up contributions. This is the fastest way to boost your retirement account and reduce your taxable income. In 2021, you can invest an extra \$6,500 in your 401(k) account.

DO IT FOR YOUR DREAMS: If you're just starting to save for retirement, Gutierrez advises socking away 30 to 40 percent of your paycheck. You may need to make a major change, like moving into a smaller house or driving a cheaper car. You could even talk to your boss about working remotely permanently, which might let you move somewhere with a lower cost of living. If you feel held hostage by the routinized perks of your lifestyle—manicures, grocery delivery, a weekly cleaning service—flip the script and say, “Retirement is the priority, and everything is measured against that right now.”

WANT MORE? On March 25 at 4 p.m. ET, REAL SIMPLE is hosting a virtual summit with Fidelity about the new rules of retirement. Go to realsimple.com/newrules to sign up.

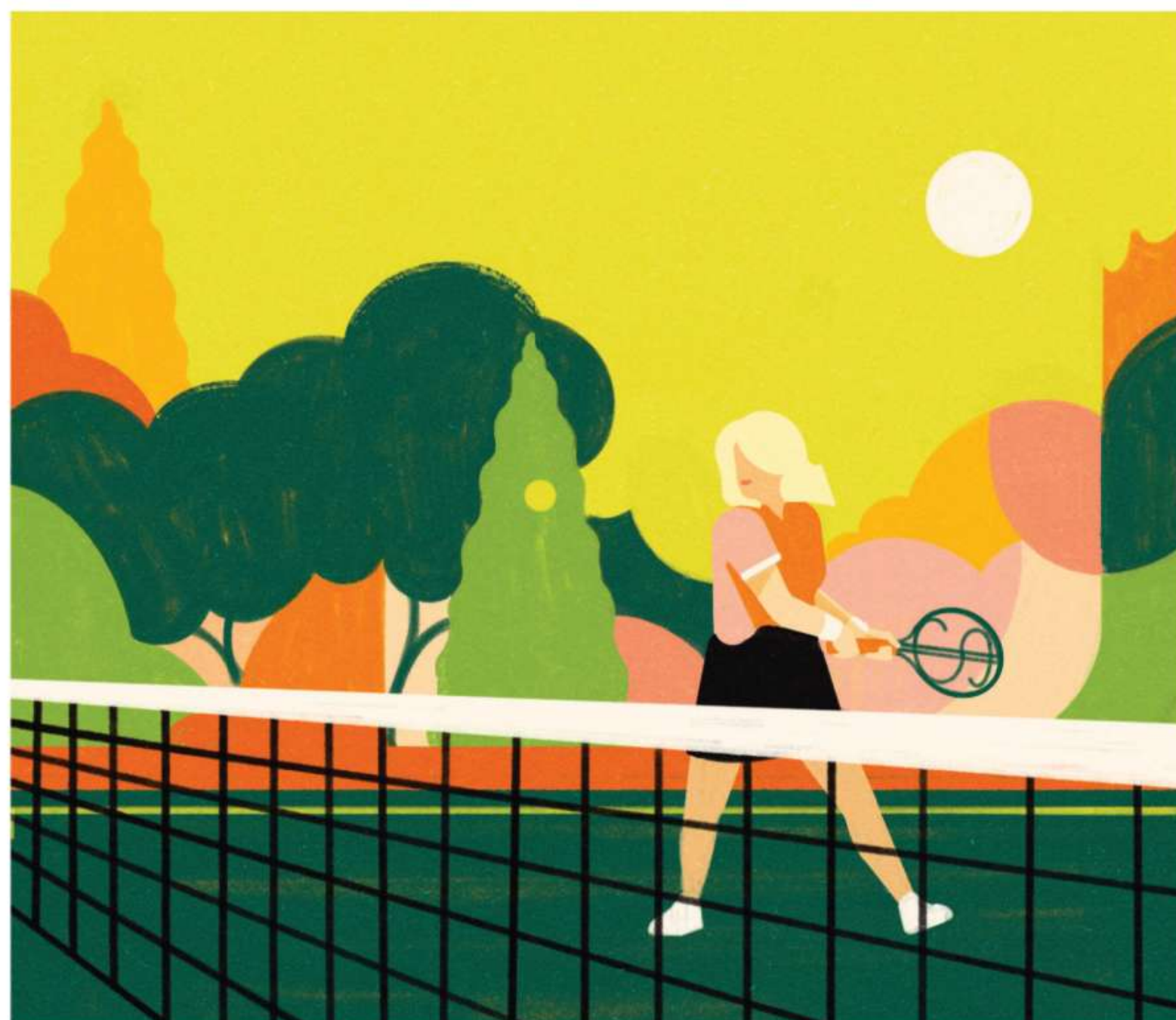
If you've recently been downsized and become semiretired...

This unfortunate reality can come as a shock and disrupt carefully laid plans. But keep your hands off that 401(k)! Your retirement plan is your most valuable investment, often worth more than your home, Ginty says.

DO THIS ASAP: Review your credit card and debit statements and your insurances. What can you reduce or negotiate? “A lot of auto insurance companies give a 15 percent reduction if you do a safe-driver program,” Gutierrez says. Run your new budget numbers. Will you still be able to cover your annual cost of living? Investigate the price of health insurance and think about your current needs. It might be cheaper to get high-deductible insurance through your state marketplace than to pay for Cobra coverage.

DO THIS IN THE NEXT YEAR: Start a paying side project. Think broadly about your experience and “imagine the wisdom you have gained from an entire career,” Gutierrez says. Consider using your expertise in your field—be it human resources or tech—to become a coach or consultant.

DO IT FOR YOUR DREAMS: Make sure your big-picture financial plans are still on track, whether that's paying off your mortgage by a certain age or completely retiring in a few years. A layoff might trigger you to dip into your emergency fund, but leave your retirement account alone. And try as much as possible to maintain the habit of saving for retirement. ■



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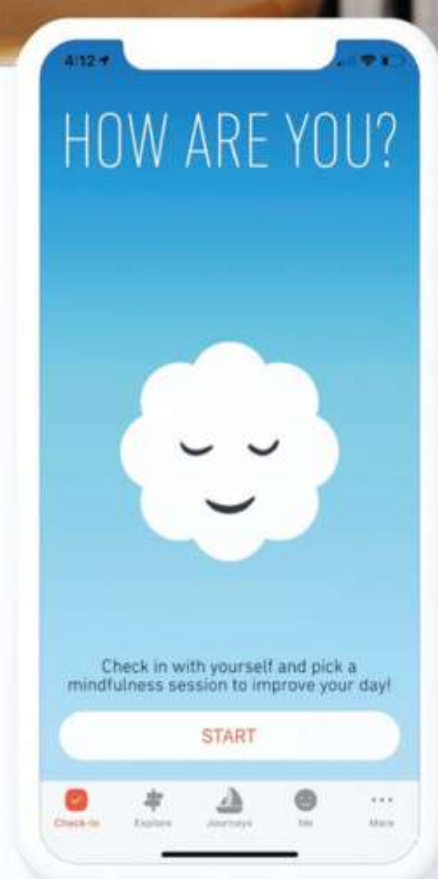
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6:14 am — Tired
7:02 am — Loving
8:34 am — Fulfilled



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5 PERSPECTIVES

A Greener Planet, One Person at a Time

These experts are working
tirelessly on climate solutions—
and they invite you to play
your own important role.

BY SHARLENE BREAKLEY

RZCREATIVE/STOCKSY

1

Take a (gas-free) joyride.

It's time to consider buying an electric vehicle. They've come down in price, and most models can travel 100 to 300 miles without needing a charge. There are already more than 20,000 charging stations across the country. You can also plug it in at home, and it doesn't increase your bill any more than air-conditioning would. I know a man who became a Lyft driver for a weekend just so he could spread the word about electric vehicles to his passengers.

LEAH STOKES, PhD, IS AN ASSISTANT PROFESSOR OF POLITICAL SCIENCE AT THE UNIVERSITY OF CALIFORNIA, SANTA BARBARA.

2

Go eco at your day job.

Think about the power you have right where you are, at your job or in your community. If you're an administrator, push to add more plant-based catering options at your company. If you run a clothing store, pick sustainable brands to introduce to your customers. Architects and designers can become more knowledgeable about green design, and contractors can advocate for electric water heaters, stoves, and heat pumps. Opportunities to be climate leaders are all around us. What might yours be?

KATHARINE K. WILKINSON, PhD, IS AN EDITOR, PODCAST HOST, AND COFOUNDER OF THE ALL WE CAN SAVE PROJECT.

The more we can envision a world we want to live in, the more we will be inspired to move toward it.

3

Be in the room where it happens.

Many cities have empty board seats, and parents are uniquely qualified to serve. The Moms & Mayors program raises awareness about these positions and encourages climate-conscious citizens to apply. From the tree board to the transportation committee, our voices need to be heard. Nobody knows better than parents that fixing harmful emissions helps fix asthma in kids.

HEATHER McTEER TONEY IS THE SENIOR ADVISER TO THE NONPROFIT MOMS CLEAN AIR FORCE.

4

Create the future you want.

We talk about trees, but our coastal ecosystems, like wetlands and seagrass beds, can absorb five times more carbon than forests. There is an incredible opportunity for regenerative ocean farming, in which seaweed and shellfish are cultivated in a way that absorbs carbon and heals marine ecosystems. Part of my job right now is to imagine that future. The more we can envision a world we want to live in, the more we will be inspired to move toward it.

AYANA ELIZABETH JOHNSON, PhD, IS A MARINE BIOLOGIST, POLICY EXPERT, AND WRITER.

5

Electrify your life.

You can dramatically reduce your carbon footprint by replacing any gas-powered appliance with an electric one. Water heaters and boilers can break down after 10 to 20 years, so be ready to move on to an electric version. Or swap your gas range for an induction stove. Financing options can make new appliances affordable. An electrician may need to update your fuse box and wiring—be prepared to spend \$200 to \$2,000, depending on your home—but you'll be set up for a fully electric future.

SAUL GRIFFITH, PhD, IS AN ENGINEER AND THE FOUNDER OF OTHERLAB, A RESEARCH AND DEVELOPMENT LAB FOCUSING ON ENERGY INFRASTRUCTURE.

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Modern Manners Advice for Your Neighbor Quandaries

BY CATHERINE NEWMAN



N.L. ASKS...

We love our neighbors, but they leave their lights on all night Friday and all day Saturday for the Sabbath. I have no problem with their religion (I am also Jewish, just not observant). Our houses are fairly close and neither of us has curtains on the first floor. That means our downstairs, where guests sleep, is lit up all night. Can I ask them to get curtains? I don't want them for my own windows, and I feel like it's not my responsibility.



HAVE AN ETIQUETTE QUESTION?

Hover your phone's camera here to submit your question for Catherine, or email her at modernmanners@realsimple.com.

Traditionally observant Jews, like your neighbors, avoid turning lights on and off during the weekly day of rest, from sundown Friday to sundown Saturday. They may, however, be able to use a specially designed light switch that works on a timer. You could describe the problem you're having and offer to buy them such a device. Or you could buy yourself curtains. The neighbors are doing something that bugs you, so it may be hard to see that this is your problem—but it is. If you put up wallpaper they hated, they'd have no right to demand you cover your windows. One benefit of the unwanted drapes: Your guests might appreciate the privacy.

A.H. ASKS...

Our neighbors are obsessed with lawn maintenance. Whenever they cut the grass (often) or get out the leaf blower (all the time), they also cut or blow the wide strip of our lawn that borders their driveway. So half our yard has grass and leaves, and the other half is bare. It drives us crazy. What can we do?

Lots of shared-space issues boil down to other people's baffling differences from us. Your neighbors likely imagine they're doing you a favor, mowing and blowing part of your lawn—even though it's actually annoying and creates a dreadful Frankenyard. "You're so nice to try to help us with our lawn!" you can say. "But believe it or not, we like it better when it's all consistently wild and natural. If you would please just leave it, that would be great." If there's any doubt about whose part is whose, you can put in stakes or plant some delineating shrubbery. Our own neighbor did this when it turned out we were inadvertently cutting some of his grass, and we were grateful for the visual cue.

L.R. ASKS...

Our neighbor loves to shoot off fireworks. The noise terrifies my dog, who desperately tries to find new corners to cower in. But what can I say? “You’re scaring my dog”?

Your dog is not alone. Judging by our Nextdoor feed, half the people in our neighborhood should be wearing Thunder-Shirts to cope with the alarming noise of fireworks. Speak with your neighbor directly, bearing in mind that you’re asking for, not demanding, help. (Even if your municipality has noise ordinances, invoking them is not the best way to build a relationship.) “I’d be so grateful if you’d set off fewer fireworks, because they scare my dog,” you could say. And try building in some accountability: “Would you be willing to text us with a heads-up so we can bring the dog to the basement?” This request might work as a deterrent. Will the explosive experience still be worth it, once your neighbor has to alert you and picture your poor, cowering pup? Hopefully not.



S.S. ASKS...

What’s a tactful way to handle neighbor kids—who you and your children do in fact like—coming over constantly during school breaks? Like, without even asking if it’s OK to come in? Sometimes my kids get overwhelmed by it, and I do too. But we’re really good friends with the family, and I don’t want to offend them.

How to set limits when you don’t want to hurt somebody: This is one of the thorniest problems of being a person. But it’s so important—not just for you, but also for your children, who need to learn how to maintain their own boundaries as they grow up. Start by strategizing with the parents. “We love your kids, but our family is starting to need more time to ourselves,” you can say. “Could you help me figure out how to communicate that so I don’t hurt your kids’ feelings?” This will put the issue on the parents’ radar, and they will ideally step in to curb the unsolicited visits. If that doesn’t work, encourage the neighbor kids to ring the bell and ask if your kids can come out and play. Then either send them all out or say no, you’re sorry, it’s actually not a good time.

S.K. ASKS...

When our neighbors moved in a year ago, I baked cookies to welcome them. They don’t really speak to anyone on our street but do have a steady stream of visitors—who use our driveway as a turnaround. I feel it’s very rude. How do I politely ask our neighbors to ask their guests to stop using our driveway?

I wonder if there are two issues here. On the one hand, you seem to feel a little snubbed by your neighbors, who you generously extended yourself to but whose robust social life doesn’t include you. On the other hand, their guests turn around in your driveway. If it weren’t for the first issue, would the second bother you? If the answer is no, I recommend you stop peering unhappily out the window, and let it go. But if there’s a legitimate problem with the driveway usage—you have pets, say, or little kids who play there—then put out a cone or a No Turnaround sign. Just know it will convey a particular vibe, and not an especially friendly one.

ABOUT CATHERINE

The author of *How to Be a Person: 65 Hugely Useful, Super-Important Skills to Learn Before You’re Grown Up*, Catherine Newman gets advice from her husband and two opinionated, largely grown children in Amherst, Massachusetts.



WE DID IT

SILVER LININGS, PANDEMIC EDITION

Despite the challenges, these four women used the Covid slowdown to improve their finances, homes, and careers. Experts weigh in to help you do the same.

BY LISA ARBETTER

DURING THE PANDEMIC, nearly half of U.S. workers lost jobs and income. The other half, however, found themselves in a privileged spot: According to a recent poll, 52 percent of Americans were able to save more than usual and pay down debt faster. These four women experienced the upside of the Covid economy. Here's how they made the most of it, and how you can use their strategies even if you're still struggling.

"We Bought a House"

Bethany Heitman

CONTENT STRATEGY CONSULTANT
AND CONTRIBUTING EDITOR
AT *HEALTH* MAGAZINE
MAPLEWOOD, NEW JERSEY

LIKE MANY YOUNG couples, Bethany Heitman and her husband of four years, Antoine Samuda, had talked about a future that included a house and maybe even babies. They saved money by renting below their means, but their timeline for all this adulting remained relatively unformed—until the Covid lockdown hit New York City.

"The slowdown allowed me to decide to get pregnant, something I'd been on the fence about for a while," Bethany says. But adding a baby to their already cramped two-bedroom Brooklyn apartment just didn't seem doable. So in May, they started looking to buy bigger, even toying with the idea of moving out of the city altogether.

"Antoine got the itch before I did," Bethany says. "I felt more

nervous about leaving the city with a baby on the way. I was like, 'So we're just going to change our life completely?' I was terrified."

Financially, however, she felt more comfortable. She'd received an inheritance of a few thousand dollars from her grandfather, and the Covid shutdown enabled her and Antoine to save an extra \$2,000 to \$2,500 a month, money they would have spent on restaurants, travel, and theater.

In July, they visited Maplewood, New Jersey, for the first time, and they found their new home: a three-bedroom, complete with attic guest quarters for visiting grandparents. They moved in last October, three months before the birth of their baby girl.

MAKE IT WORK FOR YOU

"This couple knew what mattered to them: living within their means," says Natalie Chaves, a certified financial planner with Facet Wealth. When their income increased, they avoided upping their spending as well, which let them save for the down payment and moving costs. Homes in Maplewood, a popular commuter suburb, are in high demand. Bethany was an attractive buyer because she worked without a broker. That meant the seller, who was also working alone, could pocket more of the sale price.



“I Was Laid Off and Found a New, Better Job”

Susan Minushkin

LEADER OF AN INTERNATIONAL DEVELOPMENT ASSISTANCE PROJECT
ROCKVILLE, MARYLAND

WHEN SUSAN MINUSHKIN got the news that she was being furloughed from her international development job last May, she had a sinking feeling it would soon become permanent. Her plan: Find consulting gigs to hold her over while she looked for full-time work.

After 11 years with the same company, she was now reaching out to its competitors. To her surprise, they already held her in high regard—and she got freelance work with one of them immediately. A few weeks later, her new company found out it was a finalist for a project based in Manila, the Philippines. Susan was asked to be the lead.



While she’d always aspired to a foreign leadership post, she’d hoped to wait until her son, a college freshman, and daughter, a high school sophomore, were on their own. But she and her husband, who owns a math-tutoring business, were barely breaking even, thanks to Covid. So at the end of June—when her furlough turned into an official layoff—Susan and her family decided she should take the job in Manila.

“I opened myself up to opportunities and got the job I wanted to do five to seven years from now,” Susan says.

MAKE IT WORK FOR YOU

It’s brave to take a leap like this, but it’s not impossible if you’re honest with yourself and your family about what’s important.

“You must be exceptionally clear about the cost and the benefits,” says Kathy Caprino, author of *The Most Powerful You: 7 Bravery-Boosting Paths to Career Bliss*. Susan and her husband, who spent years living in Mexico together, value the global perspective this experience will give them and their children.



“I Paid Off My Student Loan and Started Investing and Donating”

Debbie Kemunto

PROGRAM MANAGER AT A
SOFTWARE COMPANY AND FOUNDER
OF DIVERSITY PLUG
FOSTER CITY, CALIFORNIA

FOR NINE YEARS, Debbie Kemunto lived under the weight of student debt: \$45,000, to be exact. “Then, a little over two years ago, I thought if I ever wanted to do something like buy a house, I’d have to get rid of it.”

By the start of 2020, the year of her 29th birthday, she still had \$11,000 left to pay. Getting that number to zero joined a slew of very ambitious goals she set for herself. Others included building a \$14,400 emergency fund, investing \$30,000, and donating \$14,400 to a children’s home in Kenya, the country where Debbie was born. Yes, that adds up to almost \$70,000.

Debbie shared her goals with a friend, anointing her “accountability partner.” In addition to the \$1,700 rent she paid for her basement studio in New York City, she

The goal wasn't merely to get out of debt; it was to achieve something she really wanted—a secure future.

allowed herself \$1,000 a month for expenses, like the yoga and dance classes that made up most of her social life. Everything else she earned—close to \$10,000 a month on average—went to her goals. For three months, she stuck to her budget.

Then Covid struck. Feeling alone in a city she'd lived in for only a year, she decided to move back into her parents' home in San Jose, California. (According to Pew Research, 52 percent of 18-to-29-year-olds in the U.S. have started living with their parents since the coronavirus began spreading.) This let her save even more, and she accomplished all her financial goals last October.

MAKE IT WORK FOR YOU

While many of us couldn't meet such aggressive financial goals, Debbie did two things that could be helpful to anyone working toward a dream, says Patrice Washington, author of *Redefine Wealth for Yourself*.

First, she had a firm understanding of *why* she was sacrificing. It wasn't merely to get out of debt; it was to achieve something she really wanted—a secure future. Second, she had an accountability partner she checked in with quarterly. "When we speak our aims out loud to someone else, it makes them just a bit more real," Washington says.



"We Got a Pool"

Lisa Miller

REGIONAL MANAGER AND NATIONAL
SALES TRAINER AT EUROPA EYEWEAR
ELMHURST, ILLINOIS

THE HOT FLASHES clinched it. In the 25 years that Lisa Miller and her husband, Chris, had lived in their home, they'd never seriously considered installing a pool. If anything, it was a lake house they fantasized about.

But along came Covid, and they were enjoying extra savings due to a perfect storm of circumstances. Lisa, a sales manager at an eye-wear company, had just had two very solid months, and her hus-

band's company had switched from biweekly to monthly paychecks. In normal times, a chunk of that money would have gone to their favorite pastime—dining at restaurants—but with everything closed, the cash stayed put.

Then, as the summer heated up, Lisa developed hot flashes. "I was crabby and uncomfortable, and there was nothing to do," she says. So in July, they started shopping for an aboveground pool. They weren't the only ones with this idea: Pools were sold out almost everywhere. Finally, they found a company that had some in stock and could install one for them—but not until September, meaning they took only a few quick, cold plunges before they had to close it up for the season. Lisa is already planning for this summer, when they'll build their tiki bar and create their own vacation destination at home.

MAKE IT WORK FOR YOU

Because they bought at the end of the season, the Millers were given an upgraded package, which included top-of-the-line accessories. They also hired someone to train them how to maintain the pool themselves, which will save them money in the long run. As for how a pool affects your home value, that depends on who buys it. "Having a pool could make the home more desirable, but it could also do the opposite, as many see the maintenance of a pool as a headache," says Sonia Farooq, a real estate agent with Keller Williams Realty Infinity in Chicago. ■



FAMILY

The Conversation Everyone Should Have

How to talk about climate change with
(just about) anyone in your life

BY JENNIFER KING LINDLEY

IT'S MORE IMPORTANT than ever to discuss climate change with friends and family—yet the conversation is a surprising source of social anxiety. Will you get into a big blowup with your uncle during an otherwise peaceful family brunch? Will your 7-year-old break into sobs at the thought of those polar bears adrift on melting ice floes?

In case you missed it, climate change has become a hot button issue. Numerous polls tell us that the majority of American adults now believe climate change is happening. What's *causing* it? That's where opinions and passions diverge. Yet only about one in three of us discuss it. “We don’t know how to start,” says Katharine Hayhoe, PhD, an atmospheric scientist, political science professor, and codirector of the Climate Center at Texas Tech University. But we need to, she notes: “These conversations change the culture, what we all find acceptable. That changes the actions of individuals, workplaces, communities. There’s a ripple effect.” That may seem like pie-in-the-smoggy-sky thinking. But it works, she says. Remember when cigarette smoking was acceptable everywhere?

Hayhoe often navigates these tricky conversations. “The science is clear, and we need to act. But you don’t get anywhere by trying to overpower the other person with data or by shaming them,” she says. Instead, find points of connection that can help both sides work together. Here are some strategies.

A deluge of facts rarely changes hearts and minds. But sharing your personal experience can be the start of finding common ground.

HOW TO TALK TO Your Impressionable Kids

Yes, your offspring will inherit the planet. But you may not be sure how to broach such an overwhelming topic without setting off anxiety.

START EARLY Begin the conversation when your kids are little, says Gene Beresin, MD, executive director of the Clay Center for Young Healthy Minds at Massachusetts General Hospital. “Even little kids get the idea of ‘The earth is our home, and we take care of it.’” Use specific examples, he advises. Go on a nature walk and talk about how the trees breathe in bad gases and breathe out good gases. Visit a greenhouse and let them feel how much warmer it is inside than out.

EMPOWER THEM Don’t sugarcoat the issue, but do instill hope, Beresin says. “You can say that really smart scientists and inventors are working hard all over the world to turn things

around.” (Read some of their inspiring ideas on page 67.) “I tell my two children that grown-ups really listen when kids speak up. Look at Greta Thunberg!” says Courtney Williams, PhD, a cancer researcher and activist in Peekskill, New York.

DON’T JUST TALK—DO STUFF

Williams involves her kids in simple climate-friendly activities, such as composting and gardening, and emphasizes the positive. “I’ll say, ‘We’re planting this garden to support bees because they’re important for our food supply.’”

LISTEN Older kids and teens may be anxious or depressed about doomsday scenarios they encounter on social media. “Eco-anxiety is common,” Beresin says. Ask open-ended questions to help them share their concerns: “Are you discussing climate change at school? How do you feel about that?” In the process, you may learn from them too. You might even have a kid at home policing your recycling habits. And that’s reason for hope.

HOW TO TALK TO Your Cousin Who Thinks Climate Change Is a Hoax

About 15 percent of Americans are climate change deniers, the research firm YouGov found. They believe that either climate change is not happening or humans are not the cause of it. You’ll have a better chance of swaying deniers in your life than strangers on Twitter, says Karin Kirk, a geologist in Bozeman, Montana. “We are most likely to be influenced by people we are close to and trust.” Having a discussion can be worth a shot.

SHOW RESPECT Try this opening, Kirk suggests: “I appreciate the opportunity to have a more interesting conversation. I’m really curious about your point of view.” Then truly listen, rather than just readying a retort. You will set a courteous tone so they’ll be more willing to listen to you.



TELL YOUR STORY A deluge of facts rarely changes hearts and minds. The other person will just counter with their own cherry-picked ones. But sharing your personal experience can be the start of finding common ground. Perhaps you're worried about your cousin who lost her home in the California wildfires, or you grew up downwind of a belching power plant. If you can connect on a more intimate level, you'll both feel more empathetic, says Emma Frances Bloomfield, PhD, author of *Communication Strategies for Engaging Climate Skeptics*.

APPEAL TO THEIR VALUES The other person doesn't have to care about climate change for the same reasons you do. Invoke what you know they hold dear—which often lets you skip debating and jump right to win-win solutions. “For example, their faith might call them to protect the earth and every living thing,” Hayhoe says. If they treasure patriotism, talk about why America would benefit from leading the world in combating climate change. If they prioritize economic growth, cite the research showing that the solar energy field already has more jobs than the fossil fuel industry.

ACCEPT WHEN IT'S A LOST CAUSE Pushing too hard just gets people more entrenched. If the conversation is going nowhere, thank the other person, then move on.



HOW TO TALK TO Your Brother Who Drives a Gas-Guzzler

Many people are concerned about climate change but think it's a problem for the future, or only an issue in a far-off rain forest. As a result, they haven't felt motivated to change their behavior. “This is one place where you can really have a big impact,” says Laalitha Surapaneni, MD, MPH, assistant professor of general internal medicine at the University of Minnesota Medical School.

LINK CLIMATE CHANGE TO THEIR DAY-TO-DAY CONCERNS

Discuss ways it may already be affecting them. Has their favorite beach closed because of erosion? Do their kids suffer itchy eyes and wheezy breathing thanks to worsening seasonal allergies? “Meet them where they are,” suggests Ashley Renne Nsonwu, a vegan cookbook author and sustainability influencer (@heyashleyrenne). “One friend told me it's hard for us Black folks to care about the planet until we've addressed

racial inequality first. I pointed out that climate issues and racial justice are intertwined. It is *our* communities that are being disproportionately impacted by the health effects of pollution. I could see it click for her.”

SUGGEST CONCRETE ACTIONS

Your loved one may feel overwhelmed or have no idea where to begin. Make it simple. Volunteer to help your brother research electric SUVs, for example. Or share how you stopped eating red meat on weekdays to reduce your carbon footprint (and improve your health to boot). “By helping them take small steps, you can show them they have agency. They take one action and get results. That can power them on to the next action,” Surapaneni says.

SHARE YOUR ENTHUSIASMS

Aim to inspire—not browbeat. Research shows that when one person installs solar panels, it often leads to a cluster of adopters in their neighborhood. “My husband surprised me one Christmas by arranging to have solar panels installed on our house,” Hayhoe says. “I was so excited. I love talking to people about them!” ■

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THE HELPFUL MIND

7 Happiness Tricks to Try Right Now

These underappreciated, expert-backed attitude adjusters inspire resilience, confidence, and connection. What have you got to lose?

BY COURTENAY SMITH

ONE BIG LESSON from the past year? Our emotional and mental well-being requires constant tending. We have what experts call a “negativity bias”—as our brain attempts to sort out which stimuli threaten our survival, gloomy events and emotions capture our attention most. Yet positive thinking can be transformative. While you’ve probably heard you should meditate and count your blessings, there’s a host of other simple techniques that can shift your mindset, boost your energy, and help you bounce back. Here’s a list to get you started.

1

Pick a power color, symbol, or style.

Studies show that certain outfits may help us feel confident and more upbeat. The key to “dopamine dressing” is your attitude—it works if you associate an outfit with joy, power, or some other positive force, writes Meaghan B. Murphy in her book, *Your Fully Charged Life*. One of the easiest ways to perk up your look is to wear a bright color; we tend to link vivid primary hues with happiness, excitement, and hope. But your signature garb could be goofy socks, a crop-top sweater, or anything else that expresses *you*. “I never shut up about orange, and I cover my body in lightning bolts any chance I get,” Murphy writes.

When you look back at a conflict from your past, it probably seems much less upsetting in the present. That will likely be true of whatever is bothering you now.

2

Become a fly on the wall.

Negative experiences tend to make us zoom in on our problems, which intensifies our feelings, says Ethan Kross, PhD, a psychology professor at the University of Michigan and the author of *Chatter*. *Zooming out*, on the other hand, gives us emotional distance so we can start to see solutions. One way to pull back, Kross suggests: Visualize an event that's bothering you from the perspective of a fly on the wall. Ask yourself, "Why is my 'distant self' feeling this way? What could I have done differently? Could I have avoided the situation entirely?" As Kross explains, "This helps you reinterpret the event with insight and closure."

3

Map your social universe.

"Deepening our present connections is a good way to enhance well-being," says Dan Tomasulo, PhD, author of *Learned Hopefulness*. Try this exercise: Draw a symbol of yourself (it can be as simple as a circle) on a sheet of paper and label it with your name. Then draw everyone in your life, visually representing their importance. If your aunt lives far away but is a strong, positive influence, draw her symbol far from yours but large. A frenemy's symbol may be close but small. Next, identify one person on this map you'd like to connect with more deeply. Take action in the next 30 days. You could text, call, or send a card; if you already see this person once a month, try for twice a month.

4

Engage in mental time travel.

If you can't shake feelings of worry or despair, think about how you'll feel a month, a year, or a decade from now. This imaginary journey is another way to gain distance. "Studies show that when people do this, they remember that feelings aren't permanent. They realize that things will change—and that allows for the possibility of hope," Kross says. When you look back at a bruising conflict from your past, it probably seems much less upsetting in the present. That will likely be true of whatever is bothering you now.

5

Rely on a lucky charm.

If a doctor sits you down and says, "This is a sugar pill, but it will make you feel better if you believe it will," then that placebo will often ease your pain even though you know it's not real medicine. That's because placebos tap into a circuit in the brain that controls our expectations and helps us navigate the world, Kross says. Another name for a placebo: a lucky charm. Heidi Klum revealed early in her career that she carries her baby teeth in a tiny bag for good luck. Michael Jordan reportedly wore his University of North Carolina Tar Heels shorts under his Chicago Bulls uniform. Only you can decide what object or ritual to imbue with this power. But if you're sure you do your best work while wearing a particular pair of yoga pants, chances are you'll get...lucky.

6

Embrace your body's stress signals.

When you're stressed—before a job interview, for example—the body's fight-or-flight response inevitably kicks in, which can lead to a queasy stomach, sweaty palms, and rapid breathing. These primal reactions feel unpleasant, but how you interpret them determines how you'll handle the situation, Kross says. "If you interpret them as a threat—'Oh no, I'm stressed, and that's bad'—your chances of blowing it increase. If you adopt the view of 'This is good, this is adrenaline, I'm excited, I'm going to nail this thing,' then that helps you."

7

Find a gratitude partner.

Sharing your thankfulness with another person is energizing, Tomasulo says: "It stimulates an upward spiral." You could do a daily gratitude trade with a trusted confidant or two, texting or emailing lists of positive experiences. Or write a letter to someone who was kind to you. When you examine the past through a positive lens, and share that perspective, Tomasulo says, "it's one of the best things you can do to make everyone happier." ■

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FIRST PERSON

THE SELFISH GARDENER

Growing your family's food may be trendy, but *Virginia Sole-Smith* digs into the dirt to feed her own soul.



W

E WERE ABOUT A MONTH into the pandemic when I told my husband, Dan: We need raised beds. It was an idea we'd been kicking around ever since 2016, when we moved into this

house on three acres of woods and meadow in New York's Hudson Valley. That first spring, I pictured a Pinterest-worthy vegetable garden on the sunny side of the garage. But I was pregnant and writing a book at the time, so like many Pinterest visions, it was a project firmly filed under "Eventually." But then came 2020. We spent March and April trapped in our house with two kids, no school, and daily headlines about grocery shortages, and suddenly a vegetable garden seemed not just picturesque but indispensable. When Dan called the lumber yard to order boards for raised beds, the guy laughed. "You and everyone else!" But he loaded up our cedar boards, Dan built the beds, and I planted them full of kale, Brussels sprouts, cabbage, and eggplant. And then I remembered: I love to garden, but I don't really like to grow food.

This is an unpopular opinion among gardeners, because there is a lot of reverence right now around the rituals of growing your own food. Sun-ripened tomatoes taste best straight off the vine. Locally grown food, people say, is healthier for us and more sustainable for the planet. They may be right about the environmental benefits. But they talk much less about the amount of free labor—traditionally performed by women—that goes into growing a garden to feed a family of four. It's not just tilling, planting, weeding, and watering. It's also battling deer, groundhogs, and bunnies. It's maintaining constant vigilance over berry bushes so you beat the birds to the fruit. And then it's spending hours in a hot August kitchen, pickling, canning, and preserving your harvest.

I've been stuck in that hot kitchen before. A decade ago, at our previous house, as an overeager first-time homeowner and gardener, I planted dozens of tiny seedlings in three small beds—not understanding how big the plants would get, or that cucumbers don't fruit when their vines have nowhere to ramble but zucchini almost always fruit so prolifically that you will be oppressed by a mountain of green baseball bats you can't even *give* away. I was resentful of



Forget the salad fixings. Virginia Sole-Smith gets much more satisfaction from flowers, like foxgloves.

the time it took to deal with all that bounty, but also guilt-stricken when I threw away rotting tomatoes because I hadn't gotten to them in time. So when we initially moved to our current home, located as it is in the woods, on the rocky side of a small mountain, I thought with relief that I could swear off gardening. And last spring, when childcare evaporated and both my husband and I were hanging on to our careers and our sanity by a thread, the last thing I needed was the hours of extra work it would take to produce jars of pickles and salsa. I didn't want the pressure or the expectation that my family would eat the rainbow I grew, or that my children would discover a love of kale. The year was hard enough.

But 2020 also meant a quiet yet persistent panic, as the claustrophobia from perpetually being with my beloved spouse and children built toward the knowledge that I needed, sometimes, to escape. And I couldn't go anywhere except my own backyard. So I found myself thinking about the garden constantly. As the parent with the more "flexible" career, I became the default weekday caregiver for our daughters (then ages 6 and 2) for the first time in their lives, cramming my own work into the toddler's nap time. When we were stuck inside on cold days, I ignored a lot of squabbles over Magna-Tiles while I paged through gardening magazines and books, making lists on my phone of planting combinations to try. Once we got past the final frost date, I realized that outdoor garden centers were one of my very few safe, socially distanced options for an outing, so whenever I could hand the kids off to Dan, I began sneaking away to meet my mom, mask up, and shop for shrubs.

When the days got warmer, I could fill at least part of a homebound morning by getting my kids to play outside on their own, within earshot, while I pruned and weeded.

There was so much we
couldn't control. But I could pull
Canada thistle out by the
armload, my blisters and scrapes
proof I was still in this fight.

My older daughter enjoyed helping me plant strawberries; my younger daughter gradually learned not to yank leaves off plants. They both loved using the raised beds as balance beams and watching the butterflies and bees that visited the garden. But for the most part, they left me to it.

I needed to be out in the garden, but I didn't much care what we did with what grew in it. So when the groundhog arrived in June to decimate the brassicas, I did not despair. I ceded to him the cabbage, kale, and Brussels sprouts, and I planted bright red nasturtiums all around the destruction, which he ignored. I began to think of the garden as a space that, sure, my family enjoyed, but that was clearly mine. I disregarded the virtuous greens and cruciferous vegetables that none of us particularly wanted to eat, and I focused instead on tomatoes, basil, and strawberries, which we all love. Then I added more flowers. Dahlias alongside the berries. Foxgloves next to lettuce. Two of the seven beds in our "vegetable" garden became small fields of cosmos, zinnias, scabiosas, and various flower seedlings I nurtured in order to later transplant to more permanent homes.

Because I was still nominally employed as a writer, there were weeks when I couldn't ignore my deadlines. I'd get up at 5 a.m. to squeeze in extra work before the kids awoke. But first I'd walk the garden and turn on the sprinklers. Then I'd sit on the porch with my laptop, feeling like I was at least starting another isolated day clinging to a little bit of myself before getting lost in a blur of potty training, tantrums, and laundry. On the weekends, I abandoned my family to weed and plant for two to three hours at a stretch. I'd like to tell you that weeding is a moving meditation, as some gardeners claim. But for me, it was more often what I call "rage weeding": a silent scream against the chaos of the world. There was so much we couldn't control. But I could pull Canada thistle out by the armload, my blisters and scrapes proof I was still in this fight.

Watching the garden grow and change was also a reminder that we were, in fact, moving forward in time, despite the seeming standstill of our lives. The strawberry plants we put in as seedlings spread their way through the bed, then bloomed

white flowers, and then made red fruit. The vast expanses of brown dirt I saw in March began to fill with green as the plants grew and knit together. And yet gardening is also a lesson in patience, in waiting out the long game; most of what I planted in 2020 won't look very impressive until two or three years from now. So I have to focus on the less perceptible. I get excited about tiny green shoots or baby leaves unfurling. I notice subtle changes in foliage colors, or sudden new growth in a shrub. These moments are the reward.

Because gardening is work, no question. There is always so much mulch to spread, so many holes to dig, so many thousands of Japanese beetles to pick off my hydrangeas. But for me, it's an entirely different kind of labor from the drudgery that has become my pandemic life: figuring out what to cook for dinner for the millionth time, or scrubbing the toilet. Garden work is creative and tactile. Even the mental-load tasks—designing garden beds and remembering when to order fall bulbs—are an exquisite distraction from the agony of figuring out pandemic school options or making doctor's appointments. The garden is a project I can always escape into, even if I'm just deadheading the cosmos for a few minutes after dinner while taking the dog out to pee.

The fruits of all this labor may be harder to measure than the bounty of gardeners who put up quart after quart of pickles or stow bushels of squash in cold storage for the winter. We don't grow enough of anything to preserve it for the winter. Come November, I'm back to buying grocery store tomatoes like everyone else. But that's OK. I've planted hellebores, a witch hazel, and a red twig dogwood because they have what gardeners call "four-season interest": ever-green leaves, surprising winter blooms, unusual bark. And when the days are dark and cold, and we're stuck inside, I'm happy to buy our groceries (or order takeout), as long as I can look out on those little moments of refuge. ■



**ABOUT THE
AUTHOR**

Virginia Sole-Smith is the author of *The Eating Instinct: Food Culture, Body Image, and Guilt in America*.

She lives in the Hudson Valley with her family and her flower beds.





YOU COULD CLEAN LESS!

SOUNDS GREAT, RIGHT? WHILE
THERE'S NO MAGIC TOOL
OR TACTIC THAT WILL KEEP OUR
HOMES SPARKLING (SORRY!),
AN EFFICIENT APPROACH CAN
SIMPLIFY THE CHORE. CLEANING
PROS SHARE THEIR METHODS.

BY LAURA FENTON AND STEPHANIE SISCO

PHOTOGRAPHS BY
TED + CHELSEA CAVANAUGH



STRATEGIZE

WITH A LITTLE ADVANCE THINKING, YOU CAN MAKE CLEANING TASKS LESS CHALLENGING AND LESS FREQUENT.

KEEP TWO LISTS

Write down your weekly cleaning to-dos, then make a separate list of your rarer jobs (like dusting ceiling fans). Each time you do your weekly chores, tackle one item from that second list, says Jacqueline Janus of Two Chicks and a Broom, a cleaning company in Memphis. “A quick wipe of fan blades every couple of weeks means I’m not eventually scrubbing six months’ worth of dust from them.”

BUILD A BATHROOM CLEANING KIT

Decant disinfectants into smaller, labeled bottles and stash a set in each bathroom. Everything will be within reach if you’re inspired to give the toilet a swish of bleach or rid the mirror of its constellation of toothpaste spray.

FOLLOW AN ORDER OF OPERATIONS

As you clean, go from small to large, top to bottom, and dry to wet. Ordering every task ensures you don’t retrace your steps or undo your hard work, says Angela Bell of Grove Collaborative, a home- and personal-care company. So pick up clutter before you dust, dust the mantel before the floorboards, dust before you vacuum, and vacuum before you mop.

CREATE A SCHEDULE

If you prefer to snack rather than feast on cleaning, assign a manageable task to each day of the week (laundry on Monday, bathrooms on Tuesday). Don’t worry if you miss a day, says Dana K. White, author of *Decluttering at the Speed of Life*. Just wait until the next week. No one will care if you go two weeks without vacuuming the dining room. Promise.

DITCH THE SPECIALTY CLEANERS

“A cabinet full of products for every possible cleaning task is a crowded one,” says Erin Boyle, author of *Simple Matters*. She recommends having an all-purpose cleaner (her fave is the one from Meliora), along with a few ingredients to whip up your own cleaners, like vinegar, baking soda, and castile soap. “Limit supplies to what can fit in one wire basket,” she says.

RETHINK YOUR KNICKKNACKS

Every object that sits on your shelf, mantel, or bureau is something that needs to be dusted. Scrutinize the display: Paring back will make the cleaning go faster. This is especially true in the kitchen, says Lily Cameron, author of *Simply Sustainable*, who keeps all her cooking utensils in drawers so her counters are easier to wipe down.

CONSIDER A SECOND VACUUM

Adding a cordless vacuum to your cleaning arsenal is a game changer, says Tracy Pendergast, cohost of the podcast *Home School’d*. “Suck up the aftermath of Kinetic Sand or snack time without hauling out the big vacuum. It’s also great for car seats and under couch cushions.” We like the cordless Dyson V11, Eufy HomeVac S11 Go, and Shark Wandvac. If you live in a two-story home, store the corded model upstairs and the portable version downstairs, for the more frequent messes in the kitchen and living areas.

ATTACK

NO NEED TO GO FOR GOLD EVERY TIME. CLEAN WHAT YOU CAN WHEN YOU CAN, AND FOLLOW THIS EXPERT ADVICE TO MAXIMIZE YOUR EFFORTS.

AIM FOR EFFICIENCY

Quickly clean when opportunities present themselves. For instance, when your fridge is pretty empty right before you grocery shop, wipe down the shelves and drawers with a vinegar-based all-purpose cleaner that's safe to use around food, says Becky Rapinchuk, founder of the website Clean Mama.

SPEED-CLEAN THE BATHROOM

"Use the same wipe to clean the faucet, then the counter and sink, and finally the toilet," White says. This whole cycle takes a few seconds, she notes, and helps keep serious grime and buildup at bay.

GIVE THE PRODUCTS TIME TO WORK

It doesn't matter if you're using a conventional cleaner or an all-natural one. If you let the product penetrate gunk and grime, it'll make things easier to clean. Rapinchuk uses the wait time to her advantage: When she cleans her four bathrooms, she sprays all the surfaces in one, then moves on to do the same in the other bathrooms. By the time she returns to the first room, the cleanser has sunk in, and she just wipes everything with microfiber cloths.

TRY THE FIVE-MINUTE PICKUP

"Set a timer for five minutes and go around putting things away so the house stays under control," White says. She points out that when all her kids are home, her family of five equals 25 minutes of tidying, which makes a real dent in the mess.

DON'T LEAVE EMPTY-HANDED

Whenever you travel from one room to another, take a misplaced item with you (carry a plate from your desk to the kitchen, say). "This constant flow will help reduce clutter and prevent items from piling up," says Melissa Maker, founder of the cleaning company Clean My Space, who picked up this habit as a food server.

BLEACH YOUR BATH

Soak cotton balls in bleach and press them into any black or orange mold on the caulk line between the tub and walls. Let them sit for 15 minutes, and they'll eat away at the spots.

KEEP YOUR SHOWER DRY

After each use, run a squeegee along shower walls and doors to stave off soap scum. If you have a shower curtain, pull it shut to dry, says Jill Nystul of the blog *One Good Thing by Jillee*. Moisture trapped in the folds of a curtain can lead to mold.



TAKE THREE MORE MINUTES TO FINISH THE JOB

Laundry and dishes are tasks we often start but don't finish. Put clean laundry and dishes away immediately rather than letting them linger, says Rachel Hoffman, author of *Cleaning Sucks*. "It will help set you on a path to where you're not staring down a whole-house mess."

REMOVE YOUR SHOES

A no-shoe policy will limit the amount of dirt that gets tracked inside and make floors less work to clean.

CLEAN YOUR CLEANING TOOLS

Regularly clear and rinse the filter of your vacuum cleaner to keep the machine running efficiently. Because you only want to use filters when they're bone-dry, consider getting a second set so you don't have to wait a day (or two!) for all the moisture to evaporate. Toss your grimy mophead and dusting cloths into the laundry.

PREVENT LAUNDRY MISHAPS

Institute a house rule for laundry: If an article of clothing has a stain that needs attention, tie a knot in the sleeve or leg so the blot is addressed before the clothing gets tossed into the machine. Similarly, Nystul suggests that everyone zip up flies to indicate they've emptied pockets before putting pants in the hamper. If a fly is down, the person doing the wash will know to check.



PRODUCTS

A HARDWORKING CLEANING TOOL CAN MAKE ALL THE DIFFERENCE.
HERE ARE SOME OF OUR EXPERTS' FAVORITES.



1 DENTURE TABLETS

Drop three into your toilet bowl and let them sit for 30 minutes. The nonabrasive chemicals and effervescence will help lift stains.

TO BUY: UP & UP DENTURE TABLETS, \$3 FOR 120; TARGET.COM.

2 PIVOT-HEAD LINT ROLLER

Readers and experts are fans of this tool for tedious cleaning tasks (like crumbs, glitter, and dust). The swivel head makes it even more maneuverable.

TO BUY: PIVOT LINT ROLLER, \$10; CASABELLA.COM.

3 COMPACT SQUEEGEE

This shower saver is a snap to fold up and store.

TO BUY: FOLDAWAY SQUEEGEE, \$25; SIMPLEHUMAN.COM.

4 DRIP-FREE TOILET BRUSH

With this magnetic design, the handle stays attached to the holder while you transfer it to and from the toilet bowl, preventing splashes on the floor.

TO BUY: TOILET BRUSH, \$25; SIMPLEHUMAN.COM.

5 STAINLESS-STEEL SPRAY

At this point, stainless steel is such a common surface that this metal cleaner is no longer a specialty item. When you wipe fingerprints and food spatter off your appliances, the entire space feels clean.

TO BUY: WEIMAN STAINLESS STEEL SPRAY, \$6; HOMEDEPOT.COM.

6 DRILL BRUSH ATTACHMENT

Get some extra force behind that scrub with the help of your power drill and these handy cleaning attachments.

TO BUY: REVOCLEAN DEEP CLEAN BRUSH SET, \$18; ACEHARDWARE.COM.

7 UPRIGHT SWEEP SET

Clean out the broom's bristles with the comb on the dust pan—not your fingers.

TO BUY: GOOD GRIPS UPRIGHT SWEEP SET, \$25; OXO.COM.



good on you

WE FOUND THE EARTH-FRIENDLY VERSIONS OF ALL
YOUR FASHION FAVORITES—AND SHARE TIPS
ON HOW AND WHERE TO SHOP FOR THEM. NOW GO
AHEAD AND WEAR THEM INTO THE GROUND.

fashion editor flavia nunez
photographs by mei tao



suit yourself

A SLIM-FIT JACKET AND
TAILORED BERMUDA SHORTS
CREATE AN UNEXPECTED
WARM-WEATHER
POWER OUTFIT. KEEP
YOUR BELONGINGS IN
A CARBON-NEUTRAL (OR
CARBON-NEGATIVE, IN
THIS CASE) TOTE.
LEARN THE ECO LINGO
ON PAGE 99.

TO BUY: (This page) Emily
Soft Blazer, \$173.50; miik.ca.
Samantha Shorts, \$102;
peopletree.co.uk. Poppy
AirCarbon Tote, \$480;
covalentfashion.com.
Boldly Solid Crew Socks,
\$18; ablemadeshop.com.
Millie Loafer, \$140;
livefashionable.com.
(Opposite page) Easy
Sweatshirt, \$134, and Mesh
Lounge Pant, \$252; [wolhide](https://wolhide.com)
.com. Scott Trench, \$305;
sezane.com. Chunky Band
Ring, \$68; amyjewelry.com.
Olivia Twin Band
Diamond Ring, \$689 (for
50 percent off, see page 10);
joiedeviv.com.

easy & breezy

SUSTAINABLE ESSENTIALS, LIKE A RECYCLED-COTTON SWEATSHIRT, NATURALLY DYED SHIRTDRESS, AND VEGAN FLATS, OFFER A RELAXED, EFFORTLESS WEEKEND VIBE.

TO BUY: Boyish The Joni Sweatshirt, \$88; senseofshelf.com. Caz Dress, \$238; seekcollective.com. Waya Cuff, \$118; shopsoko.com. Tilly Bamboo Tote, \$129; poppyandsageco.com. Audrey Flats, \$345; aeranewyork.com.





light & airy

PRETTY DESIGN DETAILS (THINK RIBBING AND SILKY TEXTURES) MAKE MINIMALIST CLASSICS, LIKE A SPAGHETTI-STRAP TOP AND PULL-ON SKIRT, FEEL ANYTHING BUT BASIC.

TO BUY: Mia Bodysuit, \$68, and Diana Skirt, \$162; whimsyandrow.com. San Ramon Classic Shirt, \$109; lezethelabel.ca.

indigo goes green

FOR A FAIR-TRADE DENIM-
ON-DENIM ENSEMBLE
THAT'S MODERN AND
CLEAN, WEAR THE SHIRT
OVER A CAMI, UNBUTTONED
AND TUCKED IN.
BRING OUT YOUR (LAB-
GROWN) DIAMONDS TO
ADD SOME SHINE.

TO BUY: Jane Solid Strappy
Tank, \$35; joinyesand.com.
Barry Famous Denim, \$268;
frankandeileen.com. Flora
Wide Leg Jeans, \$149;
peopletree.co.uk. Boyfriend
Mini Hoops, \$45; amyojewelry.com. Olivia Dainty
Diamond Ring, \$519, and
Florence Studded Gold Ring,
\$519 (for 50 percent off, see
page 10); joiedeviv.com.
V-10 CWL Sneakers, \$150;
veja-store.com.

HAIR BY CHARLES McNAIR
FOR SEE MANAGEMENT
USING R+CO
MAKEUP BY LISA AHRON
AT THE WALL GROUP
MANICURE BY SHIRLEY
CHENG FOR SEE
MANAGEMENT USING
CHANEL BEAUTY



learn the (eco) lingo

Since they're not standardized by a single governing body, the terms of ethical fashion can seem ever-changing. But for a more mindful experience wherever you shop, start by setting these definitions to memory.

sustainable

The garment's materials are manufactured in ways that have minimal impact on the environment. For example, sustainable cotton is grown without excessive water or pesticide use to help preserve the surrounding soil.

Fair Trade Certified

This verifies that the people who made the product were paid adequate wages and worked under safe conditions. The fair-trade fashion brand People Tree ensures all members of the supply chain, from farmers to artisans, are well supported.

circular

A company is deemed circular if it reduces waste with robust recycling and repair practices. Patagonia is a prime example: Its Worn Wear program encourages consumers to repair, share, or recycle used clothing to keep items out of landfills.

carbon-neutral

This means the company helps offset carbon emissions with green initiatives, like funding wind farms. The brand Covalent goes a step further: For its bags, it uses an innovative biomaterial, called AirCarbon, that's made from captured greenhouse gas, leading to a carbon-negative footprint.



trail blazer

MUST-HAVES IN AN ECO-CONSCIOUS CLOSET: PIECES THAT NOT ONLY LAST BUT NEVER GO OUT OF STYLE. A CAMEL BLAZER AND WHITE JEANS FIT THE BILL.

TO BUY: Rachel Sleeveless Utility Shirt, \$98, and Tyler Vintage Straight Jeans, \$168; eticadenim.com. Christie Jacket, \$210; sezane.com. Jenny Boot, \$178; livefashionable.com.




Clean

Those

Greens

(and Oranges and Blueberries and...)



**Washing fruits
and veggies isn't rocket
science—hello, running
water!—but these
tips make it a cinch to
get your sandy spinach
squeaky-clean.**

BY Jenna Helwig

**PHOTOGRAPHS BY
Caitlin Bensei**

SINCE MOST MEALS—especially balanced ones—begin with prepping produce, I’m making it my mission to share the time-saving and dirt-banishing tricks I’ve learned over the years in culinary school, as a personal chef, and as a food editor. I’ve called on Sally Kuzemchak, a registered dietitian and the author of *Cooking Light Dinnertime Survival Guide*, and cookbook writer Julia Turshen, author of *Simply Julia*, to share their washing wisdom as well. Between us, we’ve worked on more than a dozen cookbooks, made (literally) thousands of dinners, and washed—this is a rough estimate—several million heads of lettuce.



The Master Method

When washing produce, the best way to start is by washing your own hands. Then simply give the food a good rinse and rub under running water—no soap or special solutions required or recommended (even in Covid times). Finish by drying the fruit or veggie with a clean dish towel. Consider these steps your default. The following specific ones from me, Turshen, and Kuzemchak will help make your procedure easy and effective, whatever your ingredient.



REWASH THE PREWASH?

Deciding whether to rewash that clamshell or bag of triple-washed greens presents a conundrum. On one hand, eating greens without washing them seems unsafe; on the other, what’s the point of forking over the extra money for prepped mesclun mix if you just have to wash it again? The good news is that there’s no need to rewash pre-washed greens, according to the International Association for Food Protection. In fact, you’re more likely to recontaminate the greens in your own kitchen than wash away bacteria.

FOOD STYLING BY CHELSEA ZIMMER;
PROPS BY CLAIRE SPOLLEN



Leafy Greens and Soft Herbs

Having clean lettuce, kale, or chard available is the magic bullet for incorporating more salads and veggie sides into my family's meals. I've found that the best way to wash leafy greens is in a large salad spinner. My favorite is the Zyliss Easy Spin (\$35; zyliss.com). Put the greens in the spinner and cover with water. Swish them around with your hands, then let them sit for a minute or two so any dirt falls to the bottom. Lift the strainer of greens out, and pour the bowl of water down the drain. If there's dirt in the water, repeat the process until it runs clear. Greens from the grocery store may need only one rinse; farmers market greens may need three or four.

Next, crank the spinner until the leaves are as dry as possible. Then let them air-dry in a single layer on a clean dish towel for about 15 minutes. Place them in a storage bag or container with a towel to absorb any moisture. Most greens will keep this way in the fridge for up to five days.

If you don't have a salad spinner, Turshen recommends filling a large bowl with cold water, swishing the greens around, and then transferring them by the handful to a colander or dish rack to drain. "Or you can always put the wet greens in a clean pillowcase, twist the top, and swing them around," she says. "Better to do that outside, though. I've learned the hard way."

These methods also work well for broccoli rabe and soft, leafy herbs.

HARDY HERBS

You can skip cleaning these unless they really look dirty. In that case, a quick rinse and thorough dry will do the trick.



Leeks

Notoriously gritty, these need a full wash. To start, cut off and discard both the dark green parts and the hairy ends. "Then cut the leek however you'll use it in your cooking, whether that's roughly chopped, finely diced, or sliced into half-moons," Turshen says. Fill a large bowl with cold water, add the chopped leeks, and swish them around so any dirt on the surface or between the layers sinks to the bottom. Gently scoop the leeks out of the water and let them drain on a dish towel or in a colander. "Do not just pour the leeks and their soaking water into the colander, or you'll end up dumping all the dirt back over them," she says.



Melon and Citrus

This category could really be called “fruit you cut through, but whose peel you don’t eat” (we’re lumping you in too, pomegranates, avocados, mangoes, and papayas!). You still need to use your fingers or a brush to rinse the outside well under running water before cutting. If the peel isn’t clean when you slice, your knife could transfer bacteria from the exterior into the flesh.



Cabbage

“I like to think of cabbage as having its own built-in plastic wrap,” Turshen says. She refrigerates it as is and lets the tough outer leaves supply all the protection. “When I’m ready to cook or shred the cabbage, I just peel off the toughest, most ragged outer leaves, give it a quick rinse, and pat it dry.” The same washing technique works for Brussels sprouts, though they’ll stay fresher stored in a produce bag.



Root Vegetables and Winter Squash

Scrub these humble veggies—including carrots, potatoes, beets, and acorn squash—to release any dirt clinging to the skin, especially if you don’t plan to peel them before cooking. We’re fans of the OXO Vegetable Brush (\$6; [oxo.com](https://www.oxo.com)) because it’s dishwasher safe. Cleaning produce with a dirty brush is counterproductive, of course, so put it through the wash after each use.



Berries and Grapes

Most fruit should be washed just before eating, and that's especially true for delicate berries and grapes. If you store them even slightly damp, they can become mushy and spoil faster, Kuzemchak warns. "Gently rinse raspberries, blueberries, strawberries, blackberries, and grapes. If you spot dirt on them, rub very softly."

FULL BLOOM

Don't try to scrub that dusty coating off blueberries or grapes. That's "bloom," and it's a natural substance that protects the fruit. It's safe, tasteless, and pretty to boot.



Apples

While you may be tempted to give this fruit extra attention based on reports of high pesticide load, the standard method still applies: Rinse apples well and scrub with your clean fingers under running water. If you're still concerned, peel the apple or buy organic.



Mushrooms

It's mostly a myth that you shouldn't wash mushrooms. "Wipe them with a wet paper towel to remove dirt," Kuzemchak says. "If they're particularly dirty, place them in a colander, rinse them, and rub them with your fingers to dislodge any dirt." Dry well before adding to your dish.



beautiful BUYS

The people who make these balms, serums, and shampoos do amazing things for the planet and all its residents.

You want beauty products that work, of course. Other factors that sweeten the pot: formulas without harmful ingredients (because, duh); a sustainable manufacturing process, to lighten the beauty footprint; and brands that support inspiring initiatives. We found nine companies that help you look great and feel warm and fuzzy.

BY HEATHER MUIR MAFFEI
PAPER CRAFT PHOTOGRAPHS BY
ADRIAN & GIDI

WHEN YOU BUY
BURT'S BEES, YOU HELP

**Give back to
frontline workers**

When it comes to conservation, the makers of that little yellow tube are busy bees: They've reached an average of over 99 percent natural origin for all their products; they responsibly source shea butter from West Africa—improving the livelihood of more than 14,000 women there; and they planted more than 15 billion (with a *b*!) wildflower seeds to help restore the bee population. When Covid-19 hit, the company donated \$1.5 million in grants and products to frontline workers. We're here for soothed lips and full hearts.



WHEN YOU BUY
KINSHIP, YOU HELP

Cut down on ocean-waste plastic

We appreciate that this skin-care line uses plant-based ingredients and probiotics to enhance our complexion. But we truly love the brand's packaging...or lack thereof. There's no cardboard box, no little window of plastic film. The simple bottles for the Supermello Hydrating Gel Cream Moisturizer (\$24), Insta Swipe Lemon Honey AHA Pads (\$24 for 45), and Mint Mud Deep Pore Detox Mask (\$23; lovekinship.com) are made from plastic fished out of the Java Sea and rivers in Indonesia. Use your phone's camera to scan the QR code on the bottle and see where exactly the plastic came from.

WHEN YOU BUY RAHUA, YOU HELP

Protect the rain forest

Shampoo is only on your hair for a minute, but Rahua's impact lasts way after your rinse. Refillable bottles cut down on plastic waste, while every bottle sold helps preserve one acre of the Amazon rain forest yearly, totaling 100,000 acres so far. Not to mention, the Classic Shampoo (\$34; rahua.com) leaves hair gleaming.

WHEN YOU BUY THE RIGHT TO SHOWER, YOU HELP

Provide showers to people without homes

The colorful bar soaps and sulfate-free shower gels (in 100 percent recycled plastic bottles, natch) with names like Hope, Joy, and Strength (from \$6; walmart.com) give you all the feels—even beyond nourished skin. This Unilever brandlet devotes 30 percent of proceeds to nonprofit organizations that operate mobile shower units for unhoused people in the United States. To date, almost 30,000 residents of Los Angeles, Dallas, the Bay Area, North Carolina, and New York have been granted access to one of the most basic human needs—a shower.

WHEN YOU BUY FIRST AID
BEAUTY, YOU HELP

Offer student debt relief for college grads

Founder Lilli Gordon created this sensitive-skin-friendly collection after suffering from dryness and eczema. The dermatologist-tested basics, like Pharma BHA Acne Spot Treatment Gel (\$26; firstaidbeauty.com), help solve such skin problems as maskne. Even more stressful than chin zits? Student debt. Last year, the Fab Aid initiative ran a contest and paid off almost \$1.3 million in student loans for 24 lucky women. Better yet: They're doing it again this year.

WHEN YOU BUY TATCHA,
YOU HELP

Educate girls

Green tea, rice, and seaweed are the foundation of every product in this less-is-more skin line. Each product serves as a self-care ritual: The Dewy Skin Cream (\$68) plumps prune skin; the Violet-C Radiance Mask (\$68; sephora.com) imparts a glow. But founder Victoria Tsai's passion—the Beautiful Faces, Beautiful Futures program—is the real hero. Through Room to Read, a portion of each sale helps fund girls' education in Bangladesh, Cambodia, India, Laos, Nepal, Sri Lanka, Tanzania, and Vietnam. In six years, the brand has paid for more than 5 million days of schooling.





WHEN YOU BUY
CLARINS, YOU HELP

Improve health and hygiene in developing countries

This French brand has earned legions of devotees, thanks in part to the splurge-worthy Double Serum (from \$90; clarinsusa.com). And the company's efforts go beyond skin care: Partnering with the nonprofit Jardins du Monde, Clarins provides clean drinking water and creates medicinal-plant pharmacies in Madagascar and Burkina Faso.

WHEN YOU BUY JONES ROAD, YOU HELP

Support makeup artists

Makeup mogul Bobbi Brown sold her namesake company in 2016 and is back with Jones Road, a line of multitasking products packed with good-for-you ingredients. The Cool Gloss (\$22) looks nice on lips and cheeks; the Sparkle Wash Shadow (\$24; jonesroadbeauty.com) doubles as a highlighter. If you've pared down your makeup during the pandemic, this line will give you a no-frills, five-minute fresh face. What also makes us swoon: Brown's work to help creatives in the beauty industry during the Covid-19 crisis. Through the nonprofit Support Creatives, she mentors makeup artists, hosts training sessions around the world, and has provided scholarships so beauty pros can update their credentials.

WHEN YOU BUY EVERIST,
YOU HELP

Conserve water

Turning off the faucet when you brush helps save water, but if you want to do more, consider waterless beauty products, like the new Shampoo Concentrate (\$24; helloeverist.com) from the zero-waste line Everist. The ingredients are plant-based, and the package is a recyclable, travel-friendly 100-milliliter aluminum tube that's a third the size of a typical shampoo bottle (yet lasts as long). What does all that add up to? A product that requires less packaging and carbon to ship. Just wet hair and hands and rub to lather. The they-thought-of-everything detail: Everist includes a cotton bag that holds 10 caps and emails you a shipping label so you can easily send the caps back to be recycled.

EDITOR-APPROVED IDEAS TO WASTE LESS

We are the first to admit that our job results in a lot of trash. Here are three ways beauty lovers can reduce and reuse.

1 SUB ONE-USE FACE WIPES WITH WASHABLE ROUNDS

"I was blasting through face wipes, but recently I tried Paula's Choice Reusable Cotton Rounds (\$15 for 10; paulaschoice.com) to remove makeup and apply toner. I'm now obsessed with the soft texture and gentle exfoliation. I throw them into the washing machine with a load of laundry."

—HEATHER MUIR MAFFEI,
BEAUTY DIRECTOR

2 TAKE ADVANTAGE OF RECYCLING PROGRAMS

"I try a ton of products, and with all the sudsing and slathering comes loads of empties. I used to toss them and not think twice about it. But after meeting with countless beauty companies that emphasized the importance of recycling, I knew I had to change. Luckily, there are brands that make recycling a no-brainer, like Lilah B. All I do is email declutter@lilahbeauty.com, and they send a prepaid shipping label my way. I box up used tubes, jars, and bottles—from any brand—and they take care of the rest. It couldn't be easier."

—LISA DESANTIS, DEPUTY
BEAUTY DIRECTOR

3 USE REFILLABLE BOTTLES INSTEAD OF MINIS

"Before traveling, I always stocked up on my favorite hair minis. After seeing far too many travel-size shampoos end up in the trash, I realized I needed to mend my ways. Now I fill the Kitsch Refillable Travel Pouches (\$8 for 3; mykitsch.com) with whatever is in my shower. It keeps my hair (and garbage can) clean."

—ANNEKE KNOT, ASSISTANT
BEAUTY EDITOR



GREEN UP *your routine*

No matter where you fall on the granola-to-glam beauty spectrum, these sustainable swaps will give you peace of mind without sacrificing efficacy.

BY ANNEKE KNOT



BEST DEODORANT

Dove 0% Aluminum Cucumber & Green Tea Refillable Deodorant

Cutting down on plastic products can be an overwhelming task.

If just thinking about it makes you break out in smelly stress sweat, Dove's first refillable stick is here to help calm your pits.

The aluminum-free formula not only nixes stink for up to 48 hours but also comes in a stainless-steel case that's designed to last a lifetime. After you've finished the stick, snap in a refill (and recycle the small plastic pack from the previous one).

With moisturizers and zero alcohol, the sleek-looking smell stopper leaves underarms—and your conscience—feeling better.

TO BUY: \$15; at Walmart.



BEST MAKEUP SPONGE

EcoTools BioBlender Makeup Sponge

Most makeup sponges end up sitting in landfills. With this purple, plant-based cutie, you can still blend liquid or powder foundation to perfection, but unlike its predecessors, it biodegrades in a home or industrial compost in just 180 days. The flower on top: The paper packaging is biodegradable and printed with soy ink. **TO BUY:** \$6; target.com.



BEST FLOSS

Bite Beauty Dental Floss

Made entirely from vegan materials, including candelilla wax, this floss navigates those hard-to-reach spots between your chompers to break down bacteria. The spool comes in a reusable glass bottle, so kiss those flimsy containers goodbye and say hello to fresher breath—and a happier dentist.

TO BUY: \$12 for 2; bitetoothpastebits.com.



BEST HAND SOAP

Method Foaming Hand Wash Refill

Clean hands have never been so essential. But instead of replacing your soap bottle every time it runs dry, keep a refill pouch handy. This sack holds enough foam hand wash to fill a standard Method bottle three times—and the packaging requires about 80 percent less plastic than three new bottles. The natural ingredients produce a luxe lather and don't strip skin. In 14 scents.

TO BUY: \$7; target.com.

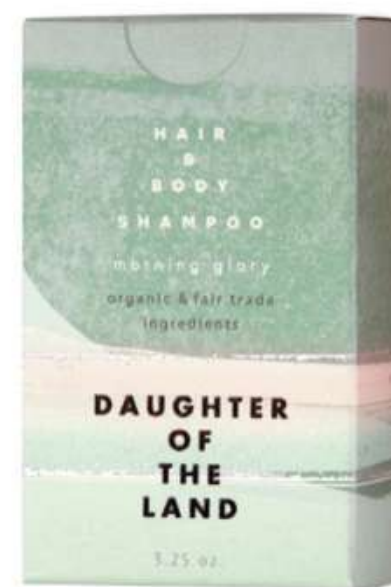


BEST FACE WIPES

Garnier SkinActive Micellar Cleansing EcoPads

Makeup wipes are so convenient, especially when you are removing waterproof mascara or just feel too tired to do your whole skin-care shebang. But those little pads are also so wasteful. That's why we love these, which can go through the washer and dryer. After you whisk away that thick concealer, throw the pad into the laundry with your next load (it can last through 1,000 washes).

TO BUY: \$9 for 3; ulta.com.



BEST SHAMPOO

Daughter of the Land Morning Glory Shampoo Bar

This multitasking, gym-bag-friendly bar is strong enough to use on your hair (yes, your hair) but gentle enough for your body and face. Formulated only with pronounceable ingredients, like fresh goat milk and tea tree oil, this bar doesn't skimp on suds. After one shower, our skeptical tester traded in her bottles for this bar.

TO BUY: \$19; daughteroftheland.com.



BEST BODY LOTION

Kate McCleod The Daily Stone

Going green shouldn't feel like a compromise, and this ultra-chic solid lotion is anything but (heck, we consider it an upgrade). Packed with sweet almond, avocado, and apricot kernel oils, it transforms your post-shower moisturizing moment into a self-care ritual you'll look forward to. Massage or glide the stone—it melts on contact—across dry or irritated patches for soothed, supple, sweet-smelling skin. No pumps, no plastic, no problem.

TO BUY: \$38; katemcleod.com.



BEST TOOTHBRUSH

Colgate Keep Deep Clean Toothbrush

Because of their shape and materials, most toothbrushes are difficult to recycle. This one uses 80 percent less plastic than traditional models, thanks to its reusable aluminum handle and replaceable head. If everyone in the U.S. switched to this brush, it could prevent over 400 million toothbrushes from entering landfills in one year.

TO BUY: \$10 for 1 handle and 2 heads, \$5 for replacement head; at Target.



BEST TOOTHPASTE

ByHumankind Toothpaste Tablets

Tired of the residue in your sink? It might be time to toss the tube. These mint-size tablets come in a reusable container, which helps cut back on waste and offers a major visual improvement (we love the colored caps). The tablets are 100 percent natural and contain fluoride. Pop one into your mouth, chew to create a foam, and brush to polish your pearly whites.

TO BUY: \$15 for 1 container and 60 tablets, \$12 per refill; byhumankind.com.

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QUICHE FOR DINNER / VEGGIE FRIED RICE / CORNMEAL DUMPLINGS

FOOD

FOOD STYLING BY CHELSEA ZIMMER; PROP STYLING BY CLAIRE SPOLLEN

IN SEASON

Cute Shoots

Pea tendrils, also known as pea shoots, are the very tips of pea plants. These delicate leaves and curlicues don't just bring a whole lot of pretty to a dish—they also add a nice, subtle pea flavor.

SHOP for bright green bunches at farmers markets and some supermarkets during spring, when pea shoots are at their peak.

STORE in the refrigerator's crisper drawer for up to 2 days, wrapped in a dish towel and placed in an open produce bag.

TO SERVE, remove tough stems. Sprinkle onto risotto or pasta for freshness, slip into sandwiches for crunch, or toss with a light vinaigrette for a salad that tastes like spring.

—Ananda Eidelstein

Photograph by Caitlin Bensel

APRIL 2021 REAL SIMPLE 115



EASY DINNER 1

Fusilli with Minty Pea Pesto

ACTIVE TIME **15 MINUTES** TOTAL TIME **30 MINUTES** SERVES **4**

✓ Quick Cooking ✓ Vegetarian ✓ Family Friendly



- 12 oz. fusilli or other short pasta
- 1/2 cup packed fresh flat-leaf parsley leaves
- 1/4 cup packed fresh mint leaves
- 2 oz. pecorino Romano cheese, shredded (about 1/2 cup), plus more for serving
- 2 cloves garlic
- 2 cups frozen peas (from a 10-oz. pkg.), thawed, divided
- 1/2 cup toasted pine nuts, divided
- 1/4 cup olive oil
- 1/2 tsp. kosher salt, plus more for water
- 1/2 tsp. freshly ground black pepper

COOK pasta in a large pot of generously salted water according to package directions for al dente. Reserve 1 cup cooking water. Drain pasta; return it to pot.

MEANWHILE, place parsley, mint, cheese, garlic, 1 1/2 cups peas, and 1/4 cup pine nuts in a food processor. Pulse until finely chopped. With processor running, drizzle in oil; process until pesto is smooth, about 1 minute.

ADD pesto, salt, pepper, 1/2 cup reserved cooking water, and remaining 1/2 cup peas to pasta in pot. Cook over medium, stirring constantly, until pasta is fully coated and warmed through, about 2 minutes. Add more reserved cooking water, 1 tablespoon at a time, to loosen sauce to desired consistency. Serve topped with remaining 1/4 cup pine nuts and cheese.

PER SERVING: 649 Calories, 31g Fat (7g Saturated), 15mg Cholesterol, 7g Fiber, 21g Protein, 76g Carbs, 600mg Sodium, 8g Sugar

FOOD STYLING BY RISHON HANNERS; PROP STYLING BY AUDREY DAVIS

This beauty is also
an easy make-ahead
Easter lunch.

EASY DINNER 2

Ham and Leek Quiche

ACTIVE TIME **15 MINUTES**

TOTAL TIME **1 HOUR, 10 MINUTES** SERVES **6**

✓ Freezable ✓ Make Ahead
✓ Big Batch ✓ Family Friendly

- 1 9-in. frozen deep-dish piecrust shell
- 2 Tbsp. unsalted butter
- 2 cups packed sliced Swiss chard leaves (from a 5-oz. bunch), tough ribs removed
- 1 medium leek, white and pale green parts sliced (1 cup)
- 4 large eggs
- 1¹/₃ cups whole buttermilk
- ¹/₂ tsp. kosher salt
- ¹/₄ tsp. freshly ground black pepper
- 4 oz. Gruyère cheese, shredded (about 1 cup)
- ²/₃ cup chopped leftover or deli ham

PREHEAT oven to 375°F. Place piecrust on a baking sheet. Melt butter in a large skillet over medium. Add chard and leek; cook, stirring occasionally, until mixture is tender, 6 to 8 minutes. Remove from heat. Let cool for 5 minutes.

WHISK eggs, buttermilk, salt, and pepper in a large bowl. Add cooled leek mixture, cheese, and ham; fold until combined. Pour into piecrust.

BAKE until center of quiche is just set, 40 to 45 minutes. Remove from oven. Let cool for 10 to 15 minutes before slicing.

PER SERVING: 395 Calories, 26g Fat (11g Saturated), 168mg Cholesterol, 1g Fiber, 16g Protein, 24g Carbs, 667mg Sodium, 5g Sugar

EASY DINNER 3

Spring Fried Rice

ACTIVE TIME **25 MINUTES** TOTAL TIME **25 MINUTES** SERVES **4**✓ Quick Cooking ✓ One Pan ✓ Vegetarian
✓ Gluten-Free ✓ Family Friendly

- 3 Tbsp. soy sauce or tamari
- 2 cloves garlic, grated
- 2 Tbsp. toasted sesame oil, divided
- 1 large bunch spring onions or scallions, white and green parts separated
- 2 Tbsp. vegetable oil
- 3 cups small (1 in.) broccoli florets (from 1 bunch)
- 3 cups cooked and cooled long-grain white rice
- 1 cup matchstick carrots
- 1/2 cup toasted cashews
- 1/3 cup nori (dried seaweed), cut into 1 1/2-by-1/4-in. strips
- 4 large eggs


WHISK soy sauce, garlic, and 1 tablespoon sesame oil in a small bowl until combined; set aside. Quarter white parts of onions lengthwise (about 1 cup). Thinly slice green parts to measure 1 cup. Reserve any remaining green parts for serving.

HEAT vegetable oil in a large non-stick skillet over medium-high. Add broccoli and white parts of onions; cook, stirring occasionally, until broccoli is vibrant green and onions are golden, about 4 minutes. Add rice, carrots, soy sauce mixture, and green parts of onions; cook, stirring occasionally, until rice is crisp, about 4 minutes. Stir in cashews and nori. Serve in bowls.

HEAT skillet over medium. Add remaining 1 tablespoon sesame oil. Fry eggs, covered, until whites are set and yolks are still runny, about 4 minutes. Serve eggs with fried rice. Top with reserved green parts of onions.

PER SERVING: 494 Calories, 27g Fat (5g Saturated), 186mg Cholesterol, 4g Fiber, 16g Protein, 49g Carbs, 852mg Sodium, 4g Sugar



- 
- 1 lb. cherry tomatoes, halved (about 3 cups)
 - ½ cup pitted Castelvetrano olives, quartered
 - ⅓ cup chopped fresh flat-leaf parsley (from 1 bunch)
 - 2 Tbsp. nonpareil capers, drained and chopped, plus 1½ Tbsp. caper brine
 - 5 Tbsp. olive oil, divided
 - 1¼ tsp. kosher salt, divided
 - ¾ tsp. freshly ground black pepper, divided
 - 4 7-oz. tuna steaks (about 1 in. thick)
 - 1 shallot, finely chopped (¼ cup)
 - 2 Tbsp. sherry vinegar
 - 1 tsp. whole-grain mustard

STIR tomatoes, olives, parsley, capers and brine, 1 tablespoon oil, and ¼ teaspoon each salt and pepper in a bowl until well combined. Let stand at room temperature until tomatoes start to release their juices, about 10 minutes.

MEANWHILE, heat 1 tablespoon oil in a large cast-iron or nonstick skillet over medium-high until shimmering. Season tuna steaks with remaining 1 teaspoon salt and ½ teaspoon pepper. Add tuna to skillet and cook, flipping once, until desired degree of doneness, 1 to 1½ minutes per side for rare. Transfer to a plate.

REDUCE heat to medium and add shallot to skillet; cook, stirring constantly, until softened, about 30 seconds. Remove skillet from heat and stir in vinegar, mustard, and remaining 3 tablespoons oil.

CUT tuna across the grain into ½-inch-thick slices. Serve tuna with tomato-olive relish. Drizzle with warm shallot vinaigrette.

PER SERVING: 421 Calories, 22g Fat (3g Saturated), 93mg Cholesterol, 2g Fiber, 45g Protein, 8g Carbs, 1,207mg Sodium, 4g Sugar

EASY DINNER 4

Seared Tuna with Tomato-Olive Relish

ACTIVE TIME **15 MINUTES** TOTAL TIME **20 MINUTES** SERVES **4**

✓ Quick Cooking ✓ Gluten-Free

EASY DINNER 5

Salad with Chicken and Crispy Farro

ACTIVE TIME **25 MINUTES**
TOTAL TIME **30 MINUTES** SERVES **4**

✓ Quick Cooking ✓ Whole-Grain

- 1 cup cooked farro, patted dry
- 6 Tbsp. olive oil, divided
- $\frac{1}{2}$ tsp. kosher salt, divided
- 1 lb. fresh asparagus, trimmed
- $\frac{1}{4}$ tsp. freshly ground black pepper, divided
- 2 Tbsp. fresh lemon juice (from 1 lemon)
- 1 Tbsp. honey
- 3 cups baby arugula
- 3 cups shredded cooked chicken, such as rotisserie (from 1 chicken)
- $\frac{1}{2}$ cup thinly sliced radishes (from 1 bunch)

PREHEAT broiler with rack 5 inches from heat. Toss farro, 1 tablespoon oil, and $\frac{1}{8}$ teaspoon salt on a large, rimmed baking sheet. Broil, stirring halfway through, until farro has a crispy-chewy texture, about 5 minutes. Transfer farro to a large, towel-lined plate. Let cool for 5 to 10 minutes.

TOSS asparagus, 1 tablespoon oil, and $\frac{1}{8}$ teaspoon each salt and pepper on same baking sheet. Broil until asparagus is crisp-tender, about 4 minutes. Cut asparagus into 1-inch pieces.

WHISK lemon juice, honey, and remaining $\frac{1}{4}$ cup oil in a large bowl until combined. Add arugula, chicken, radishes, asparagus, and remaining $\frac{1}{4}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper; toss gently to coat. Serve salad topped with crispy farro.

PER SERVING: 440 Calories, 25g Fat (4g Saturated), 96mg Cholesterol, 5g Fiber, 36g Protein, 24g Carbs, 603mg Sodium, 7g Sugar (4g Added)



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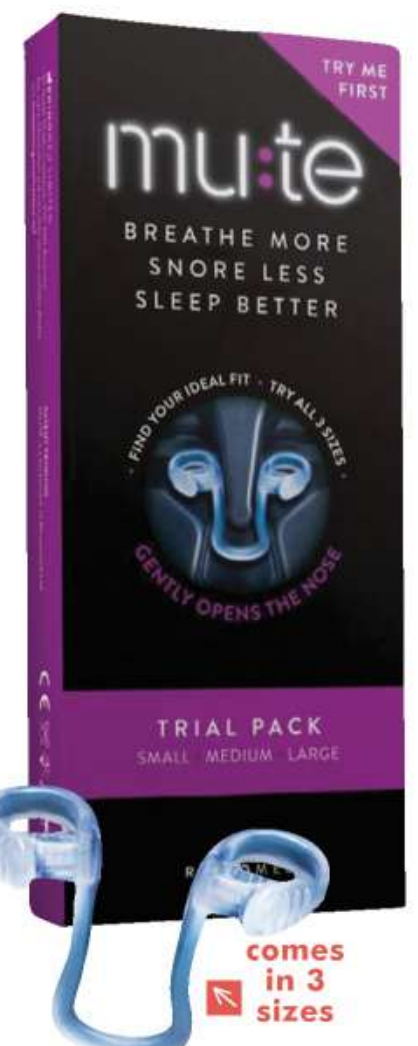


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FOOD

PLANT POWERED

Veggie Soup with Cornmeal Dumplings

Inspired by the beloved matzo ball soup, this flax-enhanced comfort food is packed with fresh, herby goodness.

BY ANANDA EIDELSTEIN





THE FACTS ON FLAXSEED

This superstar seed has both soluble and insoluble dietary fiber, making it an A+ ingredient for digestion. Plus, it's rich in heart-healthy omega-3 fatty acids. To reap all the benefits, shop for ground seeds (also called flaxseed meal), which are easier to digest than whole ones. The flavor is so mild, no one will be the wiser when you sneak this nutritional upgrade into oatmeal, smoothies, or muffins. To prolong their shelf life, store the seeds in the fridge or freezer.

The quality of broth is key in this soup. Choose one with a taste you like, or go for homemade.

ACTIVE TIME **20 MINUTES**
TOTAL TIME **45 MINUTES**
SERVES **6**

- 1 cup yellow cornmeal
- $\frac{2}{3}$ cup all-purpose flour
- $\frac{1}{4}$ cup ground flaxseed
- $\frac{1}{4}$ cup chopped fresh herbs (such as dill, chives, basil, and parsley), plus more for serving
- $2\frac{1}{4}$ tsp. baking powder
- 1 tsp. lemon zest, plus lemon wedges for serving
- $2\frac{1}{2}$ tsp. kosher salt, divided
- $\frac{1}{2}$ cup plain Greek yogurt
- 3 Tbsp. olive oil
- 8 cups vegetable broth
- 2 large carrots, sliced
- 1 small bulb fennel, chopped, plus fronds for serving

WHISK cornmeal, flour, flaxseed, herbs, baking powder, lemon zest, and $1\frac{1}{2}$ teaspoons salt in a large bowl. Make a well in the center; add yogurt, oil, and $\frac{1}{2}$ cup water to well. Whisk wet ingredients until mostly combined. Continue whisking, slowly incorporating dry ingredients into wet ingredients, until a uniform ball forms (it will be sticky). Chill mixture for 15 minutes.

MEANWHILE, bring broth to a boil in a large pot over high. Reduce heat to medium-high; add carrots, fennel, and remaining 1 teaspoon salt. Cook over medium-low, partially covered, until vegetables are crisp-tender, 10 to 12 minutes. Reduce heat to low. With wet hands, form chilled cornmeal mixture into 24 dumplings (about $1\frac{1}{2}$ inches in diameter).

BRING broth to a low boil over medium-low; gently place dumplings in broth. Cover and cook at a gentle simmer until puffed and softened yet firm, about 20 minutes. Ladle into bowls. Top with chopped herbs and fennel fronds. Serve with lemon wedges. Store soup and dumplings separately in airtight containers in the refrigerator for up to 3 days.

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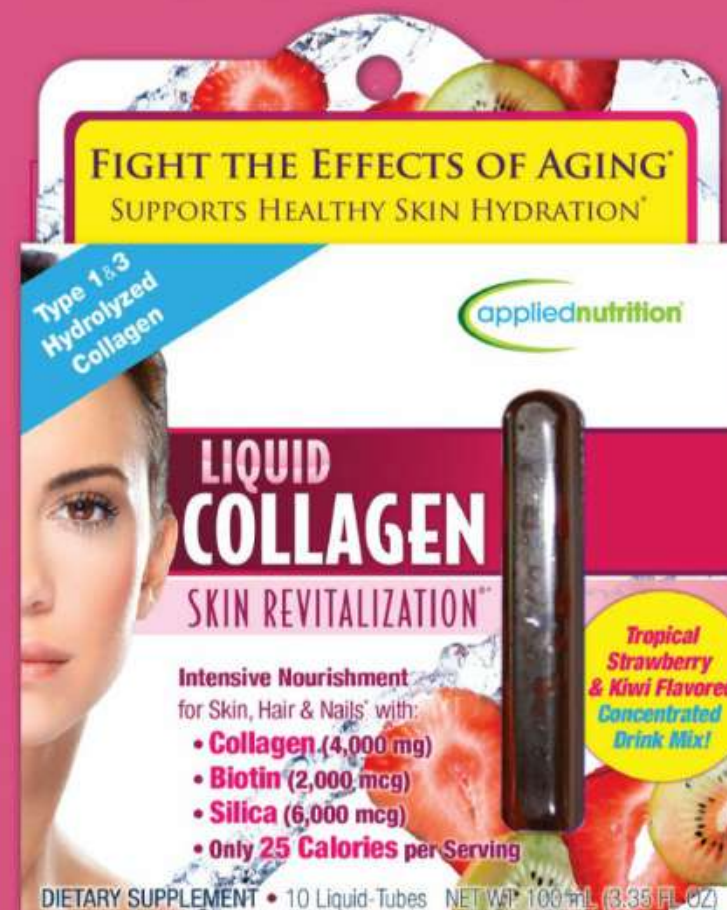
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